Butter 'n Love Recipes

Ladies Aux. To VFW
10th Anniversary Cookbook

Expression of Appreciation

Our organization, the compilers and sponsors of this cookbook would like to thank and express our sincere appreciation to the many people who gave so generously of their time and energy in collecting and submitting recipes and assisting in the sale. Without their help, this book would not have been possible.

The Cookbook Committee

Debra Rodgers
Kate Scott
Bernice Ruff
Rhonda Tunstill

DEDICATION

We dedicate this book to all our deceased comrades and sisters.

All men and women, living or dead, that served our country that we might be free.

Frankston Memorial VFW Post 5073

VFW Officers

Post Commander .....Bruce Beard
Sr. Vice Commander .....Harold Martin
Jr. Vice Commander .....Jim Dent
Quartermaster .....Jim Boyce
Adjutant .....Fred Tunstill
Advocate .....Lewis McBath
Surgeon .....Frank Bane
Chaplain .....Pete Price
Officer of Day.....Lee Scott

A COLLECTION OF RECIPES

Sponsored By

Ladies Auxiliary to VFW #5073
Frankston, Texas
876-3640

Officers

President.....Debra Rodgers

Sr. Vice President.....Genelle Martin

Jr. Vice President.....Joyce Parker

Treasurer.....Rhonda Tunstill

Chaplain.....Elizabeth Costlow

Conductress.....Kate Scott

Guard.....Evelyn Narron

Trustees.....Bernice Ruff
June Pagitt
Jackie Peterson

Secretary.....Nelda Stricklen

Patriotic Instructor.....Atma Cook

Historian.....Kate Scott

Fire Chief.....Clem Cecil

President .....Debra Rodgers

Commander .....Bruce Beard

Proceeds from this cookbook will buy a mannequin for the Frankston Volunteer Fire Dept. to conduct CPR classes.

List Your Favorite Recipes Here

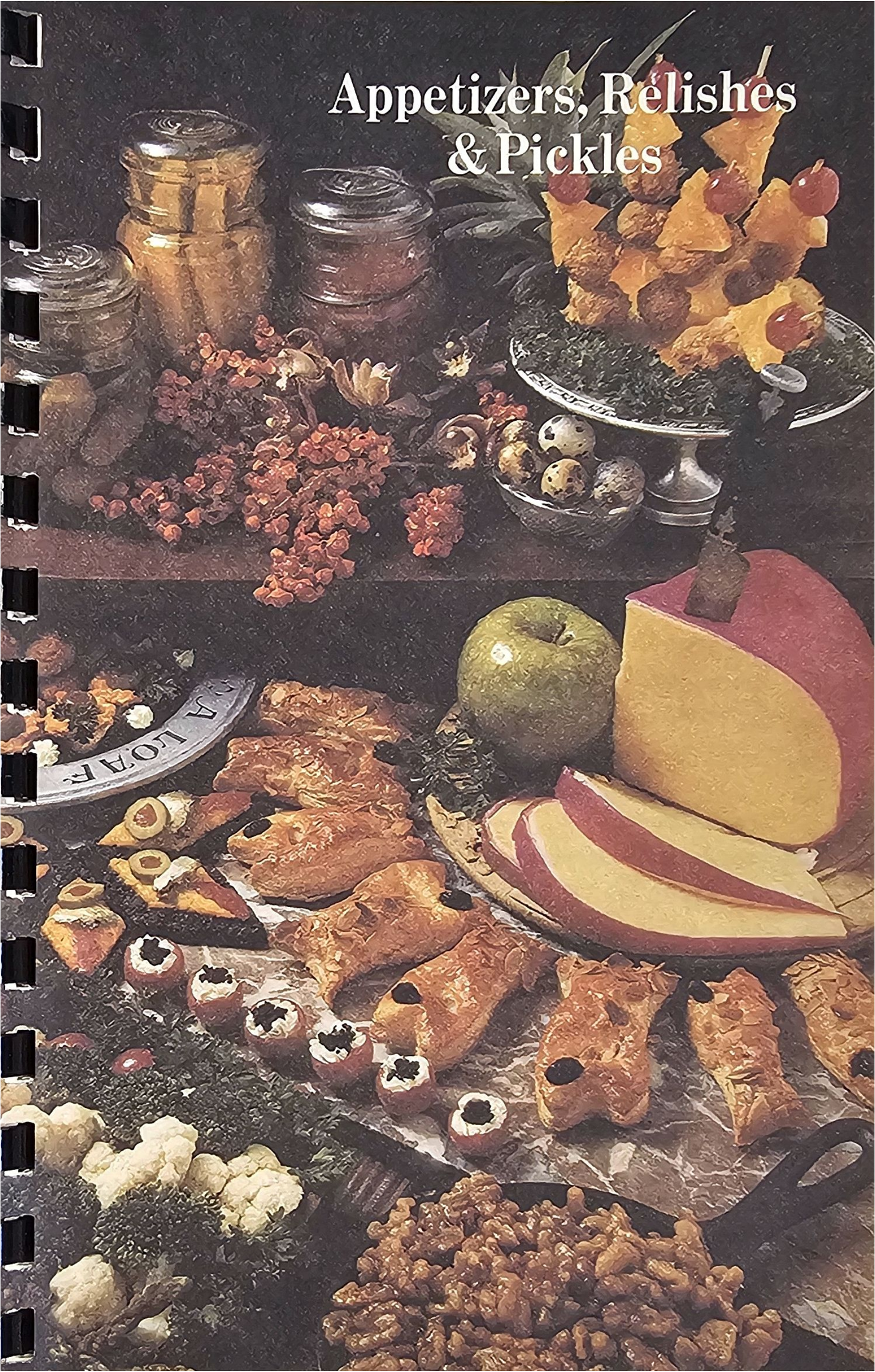
Recipes	Page

Published and Printed By
Fundcraft Publishing, Inc.
P.O. Box 340
Collierville, TN 38017

All rights reserved. No part of this book may be reproduced, stored in a retrieval system or transmitted in any form, or be reproduced by any means, electronic, mechanical, photocopying, recording or otherwise without the prior written permission of the publisher, except by a reviewer who wishes to quote brief passages in connection with a review for magazine, broadcast or newspaper.

Copyright© 1984 by Fundcraft Publishing, Inc.

Book Publishers Since 1909
Specializing in Fund Raising Programs for Church, Civic Organizations and Schools


Appetizers, Relishes
& Pickles

Appetizers

Appetizers are those treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips:

1. Caviar flavored with onion juice.
2. Cream cheese with chipped chutney and dash of curry powder.
3. Lobster tail moistened with lemon juice.
4. Almonds or pecans roasted and chopped, then mixed with anchovy paste.
5. Cream cheese with chopped pickle.
6. Chicken livers minced and moistened with mayonnaise.
7. Cheese squares with olive attached by toothpick.
8. Liverwurst with pistachio nuts.
9. Sardines with caviar paste.
10. Minced eggs with anchovies.
11. Cream cheese and horseradish.
12. Cream cheese and anchovy paste with grated onion.
13. Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.
14. Peanut butter and bacon toasted on dark bread.
15. Deviled ham with chopped onions and Spanish olives.
16 Stilton cheese moistened with Port wine.
17. Shrimp flavored with French dressing.
18. Caviar mixed with cream cheese with dash of Worcestershire sauce.
19. Peanuts roasted, crushed and mixed with anchovy paste.
20. Sardine slices topped with chopped olives.
21. Pimento cheese mixed with a dash of horseradish.
22. Minced shrimp with onion juice.
23. Cream cheese with dash of Worcestershire sauce and chives.

Copyright © 1978 Fundcraft Publishing, Inc.

BROILED SHRIMP CHEESIES

1/2 lb. cooked Texas shrimp
1 c. mayonnaise
1 c. grated Parmesan cheese
1/4 c. minced onion
party rye bread
paprika

Chop shrimp. Combine all ingredients, except bread. Portion on party or cocktail rye bread. Place snacks on baking sheet. Sprinkle with paprika. Broil 4 inches from heat until hot and bubbly. Serve immediately. Makes approximately 20 hors d'oeuvres.

Mary McCann

CHEESE BALL

2 (8 oz.) pkg. cream cheese
1 jar Old English cheese
2 Tbsp. mayonnaise
2 Tbsp. lemon juice
2 Tbsp. Parmesan cheese
1 Tbsp. grated onion

Combine all ingredients and roll ball in crushed pecans.

Rhonda Tunstill

HOT CHEESE BALLS

1/2 lb. grated Parmesan cheese
1/2 lb. cream cheese, softened
2 eggs
1/2 tsp. salt
dash cayenne
1 c. fresh white bread crumbs
peanut or salad oil (for deep frying)

In medium bowl, combine both cheeses, eggs, salt, and cayenne. Beat with wooden spoon until smooth. Form into 1-inch balls.

On waxed paper, roll each lightly in bread crumbs.

In deep skillet or deep fat fryer, slowly heat oil (about 2 inches) to 350° on deep-frying thermometer.

Fry Cheese Balls, turning once, for 1 minute or until golden brown. Drain on paper towels. Serve hot. Makes 30.

Ruth Homan

CHEESE HORS D'OEUVRES

1 lb. American cheese, grated
6 oz. Philadelphia cream cheese
3/4 c. pecans
1 tsp. chopped garlic
1/4 tsp. red pepper
paprika

Mix all together by hand and roll into 1-inch diameter rolls, and roll in paprika.

Debra Rodgers

MEXICAN FUDGE

4 c. shredded Cheddar cheese
4 eggs, beaten
1 (4 oz.) can chopped green chilies
2 tsp. chopped pimiento
2-4 strips bacon, cooked and crumbled

Combine all ingredients, mixing well. Spread into an ungreased, 8-inch, square baking pan. Bake at 350° for 30 minutes. Cut into squares when cool.

Kay Gouger

MUCHO NACHOS

vegetable cooking spray
2 Tbsp. butter
1 clove garlic, minced
1 c. onion, minced
1 small can green chilies, minced
1 large tomato, chopped
2 (16 oz.) cans refried beans
6 oz. Mozzarella cheese, cubed
3 (7 oz.) pkg. cheese flavored tortilla chips
3 c. shredded sharp Cheddar cheese
6-8 jalapeno peppers, sliced

Spray a 3-quart deep casserole dish with spray. Melt butter in casserole. Add garlic and saute until golden. Add onion and saute. Add chilies and tomato and simmer until tender. Add refried beans, stirring until smooth. Stir in Mozzarella cheese. Cook over

low heat until mixture is bubbly and cheese melts. Cool, cover and chill well.

Place unbroken chips on ovenproof platter. Top each with bean mixture. Place Cheddar cheese and pepper on top. Broil. Also good with sour cream and/or Guacamole on top.

Rhonda Tunstill

TEXAS DIP

1 qt. Kraft mayonnaise
1 pt. sour cream
1 pt. cottage cheese (small curd)
1/2 c. buttermilk
juice of 1 lemon
1 pkg. Hidden Valley Ranch Style dressing mix
red pepper to taste
onion to taste
parsely flakes to taste

Stir ingredients together. Do not beat. You may add chopped shrimp or Blue cheese, if desired. Good on baked potatoes or salad.

Jackie Cely

WESTERN DIP

1 (8 oz.) can chili
1/2 lb. process American cheese, cubed

Combine chili and cheese in saucepan; place on warm setting and heat until cheese is melted, 25-30 minutes. Blend thoroughly and serve warm with corn chips.

Barbara Beard

CALICO PEPPER RELISH

1 lb. carrots, scraped (10 medium sized)
1 large green pepper, quartered and seeded
4 large red peppers
4 large onions, peeled and quartered
1 1/2 c. sugar
2 tsp. salt
1 1/2 c. vinegar

Put carrots, green and red peppers and onions through food chopper ; use coarse blade. (It should be about 10 cups.)

Cover vegetables with boiling water in a kettle.

Let stand for 5 minutes; drain well. Return vegetables to kettle; stir in sugar, salt and vinegar. Heat to boiling. Simmer, stirring once or twice, for 5 minutes. Ladle into hot, sterilized jars. Seal. Let jars cool and store in a cool, dry place.

Bernice Ruff

PEPPER RELISH

1 pt. sweet red peppers
1 pt. hot peppers
1 pt. sweet green peppers, chopped
1 pt. chopped onions
1 1/2 pt. vinegar
1 Tbsp. salt
1 1/4 c. sugar
1 tsp. cinnamon
1 tsp. allspice

Cover peppers and onions with water; bring to a boil. Remove from heat and let stand 10 minutes. Then drain. Mix sugar, vinegar, salt and spices; bring to a boil and then add peppers and onions. Cook slowly for 15 minutes. Pack jars and seal.

Mattie Jo Wilbanks
Athens, TX

SQUASH RELISH

8 c. yellow squash, cut thin
2 c. chopped onion
2 c. red and green peppers (all green may be used)
2 c. vinegar
2 1/2 c. sugar
2 tsp. white mustard seed
2 tsp. celery seed
1/4 c. salt

Sprinkle the salt over the first 3 vegetables and let set for 1 hour. Bring liquid (last 4 ingredients) to a boil; add vegetables and bring to a rolling boil. Pack in hot jars.

Kate Scott

PICKLED SQUASH

8 c. yellow squash, sliced and unpeeled
2 c. sliced onions
1 Tbsp. salt
1/2 c. diced green pepper
3 c. cider vinegar
1 1/4 c. sugar
1/2 tsp. celery seed
1/2 tsp. mustard seed

Sterilize a 2-quart jar; leave in hot water until ready to fill.

In medium saucepan, combine sugar with vinegar and salt; cook over moderate heat, stirring, until sugar is dissolved and mixture boils. Drain cucumbers. Pack into sterilized jars with onions and pickling spice. Ladle vinegar mixture over cucumbers. Cap at once. Makes 2 quarts.

Ruth Homan

"MOCK" STRAWBERRY JAM

3 c. figs, chopped
3 c. sugar
2 small or 1 large pkg. strawberry jello

Combine ingredients and let stand until it gets watery. Cook down until it gets thick. If you have cooked jam and jelly, you'll know how to cook until it's done. Pour into sterilized jars and seal.

Billie Gillen

STRAWBERRY FIG PRESERVES

3 c. mashed strawberries
3 c. sugar
1 (6 oz.) pkg. strawberry jello

Mix together. Bring to a boil. Cook 3 minutes. Pour into jars and seal.

Syble Ivie

PEAR MINCEMEAT

7 1/2 lb. pears
2-3 oranges
1 lemon
2-3 apples
1 c. grape juice
1 tsp. cinnamon
1 tsp. allspice
1 tsp. cloves
1 lb. seedless raisins
6 c. sugar
1 c. vinegar
1 tsp. salt

Put all through meat grinder and mix well. Put into a pan and cook 1 hour, stirring often. Put into jars and seal. Makes about 6-7 pints.

To make a pie with mincemeat, open jar of mincemeat and add the following:

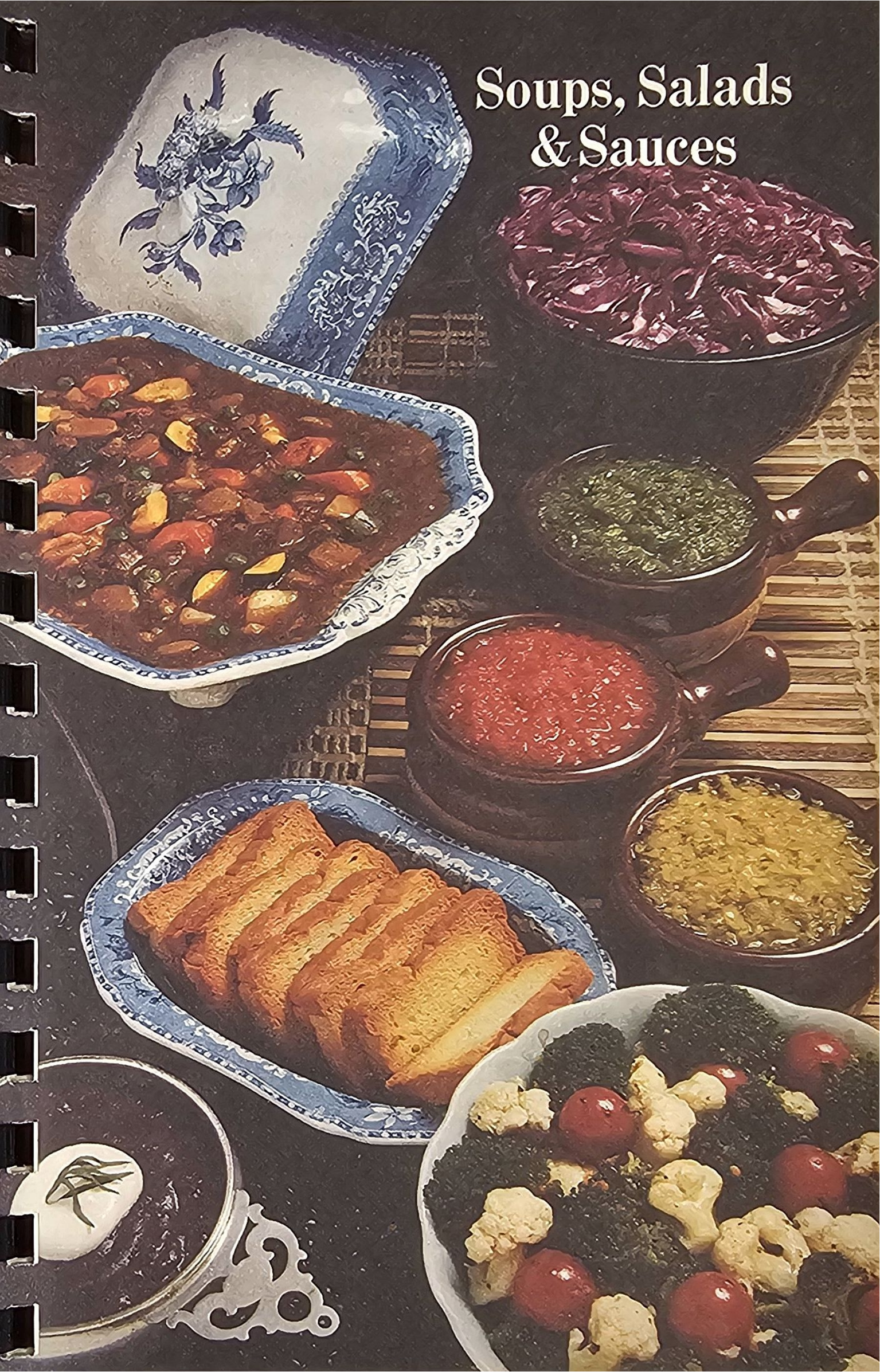
1/2 c. brown sugar
2 Tbsp. flour

Mix well. Pour into a pie crust and bake. Put a crust on top of pie before baking.

Elizabeth Costlow
Frankston, TX

** EXTRA RECIPES **

Soups, Salads & Sauces



Salads

Additions and Garnishes

Slice hard-cooked eggs
Radishes
Chopped green or ripe olives
Nut meats
Pimento
Green pepper
Sardines
Anchovies
Slivered cheeses
Julienned ham
Chicken
Grated carrots
Cubed celery
Onions - pickled, grated or pearl onions
Tomatoes, sliced and dipped in finely chopped parsley or chives
Capers
Dwarf tomatoes stuffed with cottage cheese
Fresh herbs - sprigs or chopped
Mint leaves
Cooked beets, cut into shapes or sticks
Lemon slices with pinked edges and dipped in chopped parsley
Raw cauliflower

Tips for Tossed Salads

Always handle salad greens with care.

Wash well, drain and dry greens before storing:chill well before using.

To core lettuce, smack head stem end down on counter top. Then twist the core out.

It is better to tear greens into bite-sized pieces to avoid bruising with knife.

Don't cut up tomatoes for a tossed salad since their juices thin the dressing and wilt the greens. Using them only for garnishing the salad bowl.

Select only firm, hard, green cucumbers. The skin should have a slight sheen, but if it is highly polished, it is probably waxed and should be removed.

Use wild greens such as dandelion, sorrel or winter cress for a different flavor and texture in tossed salads.

About Potato Salad-

Potato salad is best made from potatoes cooked in their jackets and peeled and marinated while still warm. Small red waxy potatoes hold their shape when sliced or diced and do not absorb an excessive amount of dressing or become mushy.

Soup Accompaniments-

Clear Soups - crisp crackers, cheese pastry, cheese-spread toast strips.

Cream Soups - cheese popcorn, seeded crackers, pretzels, pickles and olives.

Chowders and Meat Soups - Melba toast, sour pickles, oyster crackers, bread sticks, relishes, toasted garlic bread.

Copyright © 1978 Fundcraft Publishing, Inc.

CABBAGE PATCH STEW

1 lb. ground beef
1 small onion, chopped
1 bell pepper, chopped
2 ribs celery, chopped

Saute above four ingredients until meat is brown. Drain, then add the following:

1 (16 oz.) can tomatoes
1 (16 oz.) can Ranch Style beans
1/2 head cabbage, chopped
1 tsp. chili powder
1 c. water
1/2-1 jalapeno pepper, chopped fine (if desired)
salt and pepper to taste

Bring mixture to a boil and then turn down to medium-low. Cook for 30 minutes.

Kay Wall
Frankston, TX

SAVORY BURGER STEW

1 lb. ground beef
1 Tbsp. minced onion
1/4 tsp. salt
1/8 tsp. pepper
1 (16 oz.) can Veg-All
1 (10 1/2 oz.) can tomato soup
1 (4 oz.) can mushrooms (optional)

Brown meat and onion; drain. Add seasonings. Stir in vegetables, soup and mushrooms. Pour into a 1 1/2-quart casserole. Bake at 400° for 15 minutes. Serve with biscuits or mashed potatoes.

Nelda Stricklen

CHECKERS SWISS BROCCOLI SOUP

1 c. fresh broccoli, chopped pea size
1/4 c. chopped lean ham
8 c. water
1/4 tsp. white pepper
1/4 tsp. lemon juice
1/4 tsp. garlic powder
2 cans cream of chicken soup
1 c. milk
1/2 c. grated Swiss cheese

Place water in saucepan. Add broccoli, ham, pepper, lemon juice and garlic powder. Simmer until broccoli is tender, about 30 minutes. Add soup, milk, and cheese; beat with a whisk until smooth. Return to heat and simmer for 15 minutes.

Jackie Cely

BARBECUE SAUCE

1/4 c. water
1/4 c. Worcestershire sauce
2 Tbsp. prepared mustard
1 1/2 c. vinegar
1 c. catsup or tomato paste
2 tsp. salt
2 tsp. paprika
1/4 tsp. pepper
2 cloves garlic, peeled and minced
2 medium onions, chopped finely

Combine ingredients and cook slowly for 30 minutes. Yields 3 cups.

Jo Ann Baxter

BARBECUE SAUCE

2 Tbsp. chopped onion
1 Tbsp. oil
1 c. chili sauce
1/4 c. light corn syrup
2 Tbsp. lemon juice
1 Tbsp. Worcestershire sauce

Saute onion in oil until lightly browned. Stir in chili sauce, corn syrup, lemon juice and Worcestershire sauce. Cover and simmer 15 minutes. Makes 1 1/2 cups.

Barbara Beard

CRACKER SALAD

1 stick crackers
1 c. chopped onion
1 c. chopped sweet pickles
1 medium bell pepper, chopped
1 (2 oz.) jar pimentos, drained and chopped
5 boiled eggs, chopped
1 pt. salad dressing

Mix above ingredients. Refrigerate in a covered dish overnight.

Dorothy Fisher

CHEF'S SALAD BOWL

1/2 (8 oz. size) bottle low calorie oil and vinegar type dressing
2 Tbsp. low calorie mayonnaise
crisp salad greens, shredded in bite-sized pieces (1 1/2 qt.)
2 Tbsp. snipped, fresh chives
1 1/2 c. slivered, cooked chicken (1/2 lb.)
1/4 lb. natural Swiss cheese, slivered
1 medium tomato, cut in wedges
2 c. slivered, cooked tongue (1/4 lb.)

In a small bowl, combine dressing with mayonnaise. With wire whisk or rotary beater, beat well. Refrigerate, covered. Just before serving, place greens and chives in salad bowl; add tongue, chicken and cheese. Stir dressing well. Pour over salad and toss to coat meat and greens. Garnish with tomato wedges. Makes 6 servings with 148 calories each.

Ruth Homan

COLE SLAW

1 head cabbage
2 medium green peppers
2 medium onions
1-2 stalks celery
7/8 c. sugar
3/4 c. Wesson oil
3/4 c. white vingar
2 tsp. celery seed
1 tsp. mustard seed
1 Tbsp. salt
2 tsp. sugar

Shred cabbage fine. Finely chop green peppers, onions and celery; add sugar and mix well. Bring to a boil the last six ingredients. Pour over the other ingredients; mix well. Chill at least 12 hours. It is best if chilled longer. It will keep a long time.

Joyce Davis
Irving, TX

CHERRY PIE SALAD

1 c. cherry pie filling
1 c. Eagle Brand milk
1 small can drained crushed pineapple
1 large carton Cool Whip
1 c. small marshmallows
1/2 c. nuts, chopped

Mix well and chill.

Natalie Richie

CHERRY SALAD

1 can Eagle Brand milk
1 large carton Cool Whip
1 can cherry pie filling
1 can pineapple chunks, drained
1 c. chopped pecans
2 c. small marshmallows

Mix together and chill.

Dorothy Dent

COCA-COLA SALAD

1 small pkg. raspberry jello
1 small pkg. cherry jello
1 (No. 3) can black Bing cherries*
1 medium can crushed pinapple
1 (12 oz.) can Coke

Topping:

1 (8 oz.) pkg. cream cheese
1/4 c. sugar
1/2 c. sour cream
1 c. chopped pecans

Dissolve gelatin in juice drained from pineapple and cherries; heat until all dissolved. Cool. Add cherries, pineapple and lastly the Coke. Place in a 9 x 12-inch, glass dish and refrigerate until set.

*Canned white grapes may be substituted for the black Bing cherries.

Topping: Soften cream cheese. Cream the cheese, sugar and sour cream until smooth. Add pecans. Spread on top of jello mixture after it is congealed. Sprinkle with part of the chopped pecans.

Shirley Woodrum

COLE SLAW DRESSING

1/4 tsp. salt
1/4 c. sugar
1/2 Tbsp. flour
1/2 Tbsp. mustard
2 1/2 Tbsp. butter or oleo
1/3 c. vinegar
1/2 c. evaporated milk

Mix all together and cook until thick, stirring constantly. (It scorches very easily.) Set aside and cool. Add to cole slaw and serve.

Genelle Martin

DELICIOUS ORANGE SALAD

2 pkg. vanilla tapioca pudding
1/2 c. orange juice
2 1/2 c. water
1 (3 oz.) pkg. orange jello
1 carton Cool Whip
2 small cans Mandarin oranges, drained

Cook tapioca in the water and orange juice. Dissolve jello in tapioca while hot. Cool mixture. Whip Cool Whip according to directions on box. Fold into cooled pudding mixture and add Mandarin oranges. Let set.

Ravenna Waldrip

YUMMY CHERRY SALAD

1 pkg. raspberry jello
1 c. boiling water
1 (21 oz.) can cherry pie filling
1 pkg. lemon jello
1 pkg. cream cheese, softened
1/2 c. mayonnaise
1 (8 1/4 oz.) can crushed pineapple, undrained
1 c. miniature marshmallows
1/2 c. chopped pecans
1 c. whipping cream, whipped

Mix top three ingredients and pour into a 9-inch, square pan. Chill until partially set. Then add lemon jello, dissolved, and other ingredients as listed. Spread this lemon mixture over other mixture and chill until firm. Cut in squares. Makes 10-12 servings.

Thelma Bland

FRITOS BEAN SALAD

2 c. canned red beans
1/4 c. green pepper, chopped
2 Tbsp. mayonnaise
1/4 tsp. salt
1/2 c. diced celery
1/2 c. chopped onion
1 Tbsp. vinegar
1 1/2 c. corn chips

Drain beans and mix with other ingredients. Serve on lettuce and garnish with corn chips.

Nelda Stricklen

GREEN PEA SALAD

2 medium cans green peas, drained
5 hard-boiled eggs, sliced
1 small jar red pimentos, diced
mayonnaise to taste

Combine peas, sliced, boiled eggs and pimentos in salad bowl. Tos with mayonnaise as for potato salad. Yields 8-10 servings.

Altie Kiwala

FRESH FRUIT SALAD

3/4 c. apricot juice
3/4 c. pineapple juice
1 box instant Jell-O pudding
1 tall can apricots, drained
1 medium can chunk pineapple, drained
1 can Mandarin oranges, drained
3 bananas, sliced

Mix the first three ingredients and cook until it thickens; cool. Add remaining ingredients. This may be made 1-2 days ahead of time.

Virginia Pollard

FRESH VEGETABLE SALAD

1 c. thinly-sliced radishes
1 c. chopped green onions
1 small cucumber, peeled and sliced
1 head cauliflower

Dressing:

1 c. mayonnaise
1 c. sour cream
1 pkg. Good Seasons garlic cheese dressing mix (dry)

Clean cauliflower and separate into small flowerets. Add other vegetables. In a separate bowl, mix the mayonnaise, sour cream and dry garlic cheese dressing

mustard and sour cream. Spoon over potatoes. Mix lightly. Cover salad and refrigerate at least 1 hour. Garnish. Serves 6-8.

Carol Boyce

PINK SALAD

1 can cherry or strawberry filling
1 can Eagle Brand milk
1 small can crushed pineapple
1 large carton Cool Whip
1 c. pecans
red food coloring

Mix all together and put in the refrigerator to keep it cool.

Janice Shackelford

PISTACHIO CONGEALED SALAD

1 pkg. Jell-O pistachio instant pudding mix
1 (20 oz.) can crushed pineapple, undrained
1 (8 oz.) container Cool Whip
3/4 c. miniature marshmallows
3/4 c. chopped nuts

Combine instant pudding mix and undrained pineapple. Add remaining ingredients, mixing well. Pour into serving bowl and chill. It sets very quickly.

Lois Reynolds

PISTACHIO SALAD

1 pkg. pistachio instant pudding and pie filling mix
1 (20 oz.) can crushed pinapple, undrained
1 c. miniature marshmallows
1/2 c. chopped nuts
1 (9 oz.) container Cool Whip

Combine pudding mix with crushed pineapple, marshmallows and nuts, then fold in Cool Whip. Chill. Makes 5 cups.

Janice Shackelford

RICE AND PINEAPPLE SALAD

1 box lemon or pineapple jello
1 1/2 c. boiling liquid
2 c. cooked rice (instant rice can be used)
1 c. sugar
1 large carton Cool Whip or other whipped topping
1/2 jar maraschino cherries

For boiling liquid, use water and juice drained off 1 large can crushed pineapple. Dissolve jello in liquid and jell until firm. Add the sugar to the cooked rice; let cool. When jello is ready, add topping and cherries; mix well. Add cooled rice to mixture and stir.

Genelle Martin

SAUERKRAUT SALAD

1 can sauerkraut, drained
1/2 bell pepper, diced
1 tomato, diced
1/2 c. sugar
1/4 c. vinegar
1 carrot, shredded
1/2 onion, diced
bean sprouts (optional)

Mix and let chill at least 5-6 hours.

Margaret Carr

SEVEN-LAYER SALAD

1/2 medium head lettuce, shredded
1/2 c. coarsely-chopped celery
1/2 c. coarsely-chopped green pepper
3/4 c. coarsely-chopped Spanish onion
1 (16 oz.) can green peas
1 c. mayonnaise
1 Tbsp. sugar
1 1/2 c. coarsely-shredded Cheddar cheese
4 strips bacon, cooked crisply and crumbled, or 1/4 c. bacon bits

In large salad bowl arrange lettuce, celery, pepper, onion and peas in layers. Spread mayonnaise evenly over peas and sprinkle with sugar, then with Cheddar cheese. Cover and refrigerate at least 4 hours or overnight. Sprinkle with bacon just before serving.

Virginia Pollard

TURKEY SALAD

4 c. diced, cooked turkey
4 c. diced, crisp celery
dash of lemon juice
dash of pepper
2 c. mayonnaise or salad dressing
dash of salt

Combine turkey, celery and mayonnaise; season to taste with salt, pepper and lemon juice. Refrigerate and use as a salad or sandwich filling.

Note: You can add 3 chopped, hard-boiled eggs.

Jo Ann Baxter

WATERGATE SALAD

1 (1 lb.) can crushed pineapple with juice
1 c. miniature marshmallows (colored)
1 (9 oz.) carton Cool Whip
1/2 c. chopped or crushed nuts (pecans, walnuts or other)
1 (3 3/4 oz.) pkg. pistachio instant pudding mix

Mix pineapple with juice, marshmallows, nuts and pistachio pudding. Add Cool Whip; mix well. Refrigerate. This recipe serves 6-10 persons.

Options: Add 1/4 cup chopped maraschino cherries; or 1 teaspoon lemon juice and 1/2 cup coconut and reduce marshmallows to 3/4 cup.

Elizabeth Costlow
Frankston, TX

WONDER SALAD

1 can cherry pie filling
1 can sweetened condensed milk
1 large container Cool Whip
1 large can pineapple chunks
1 c. chopped pecans
1 c. coconut

Mix all ingredients; chill 2 hours.

Claudia Schoolcraft

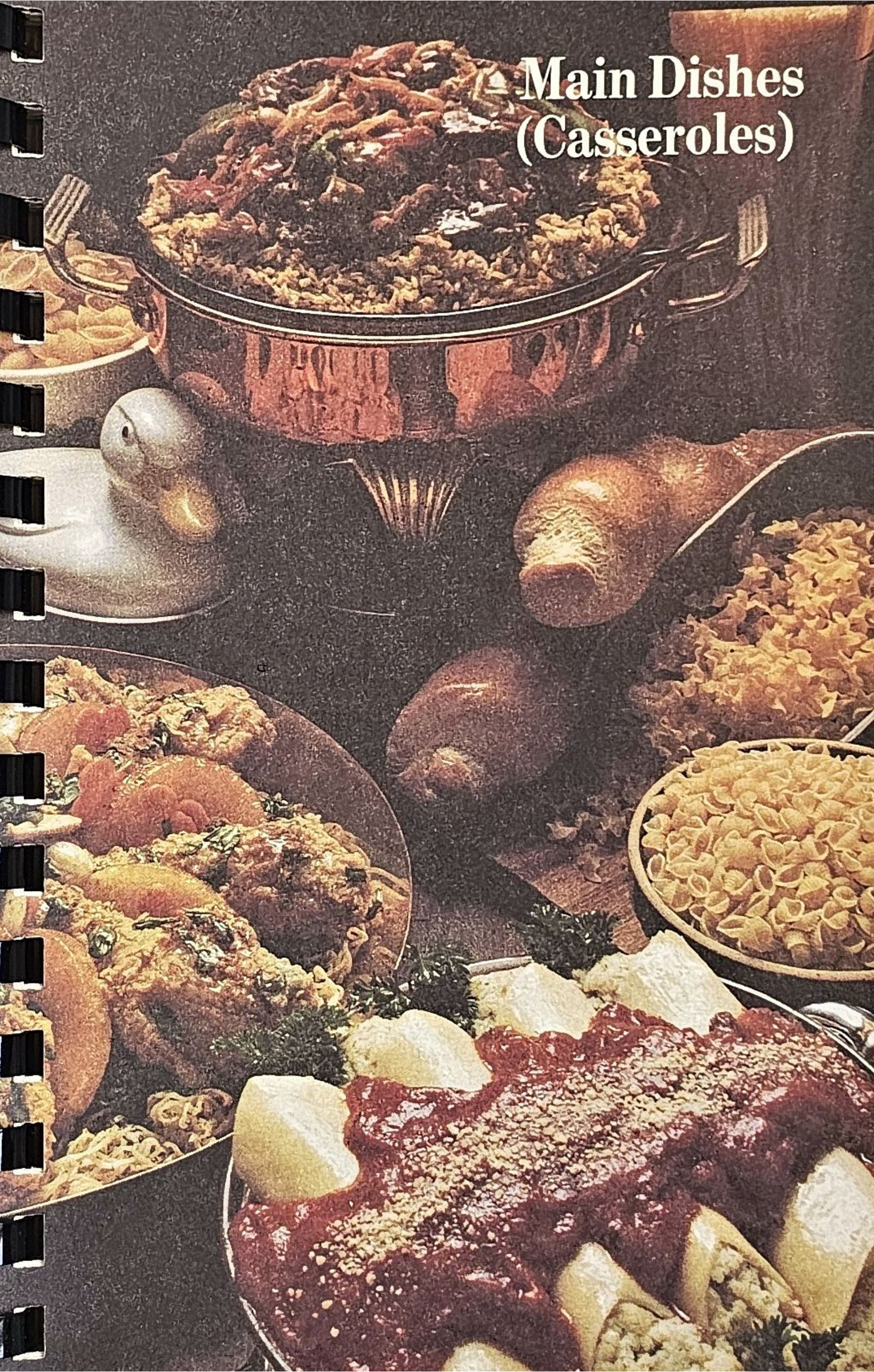
CONFETTI COLE SLAW

4 c. shredded cabbage
1/2 c. sliced green onions
1 c. sliced, ripe olives
1 (12 oz.) can whole kernel corn
1 small can pimientos
1 c. mayonnaise
2 Tbsp. sugar
1 Tbsp. prepared mustard
1/2 tsp. celery seed
2 Tbsp. vinegar

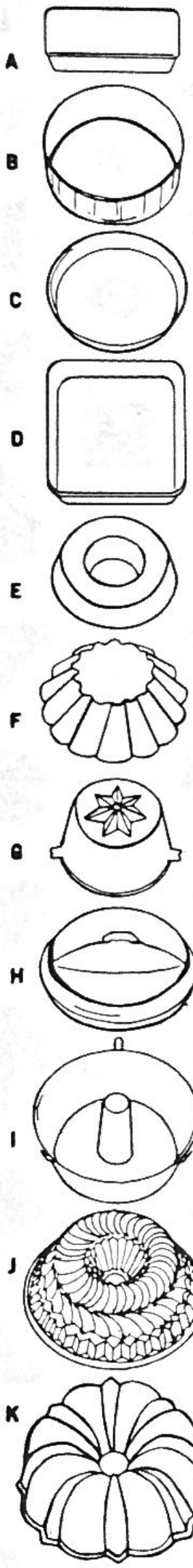
In a large bowl, combine cabbage, onions, olives, corn and pimientos. In a small bowl, combine remaining ingredients; mix well. Add to cabbage mixture, tossing well.

Mildred Ragan

** EXTRA RECIPES **


Main Dishes
(Casseroles)

Common Kitchen Pans to Use as Casseroles



WHEN THE RECIPE CALLS FOR:

4-cup baking dish:
9-inch pie plate
8 x 1¼-inch layer-cake pan **-C**
7 3/8 x 3 5/8 x 2¼-inch loaf pan **-A**

6-cup baking dish:
8 or 9 x 1½-inch layer-cake pan **-C**
10-inch pie plate
8½ x 35/8 x 25/8-inch loaf pan **-A**

8-cup baking dish:
8 x 8 x 2-inch square pan **-D**
11 x 7 x 1½-inch baking pan
9 x 5 x 3-inch loaf pan **-A**

10-cup baking dish:
9 x 9 x 2-inch square pan
11¾ x 7½ x 1¾-inch baking pan **-D**
15 x 10 x 1-inch jelly-roll pan

12-cup baking dish or over:

13½ x 8½ x 2-inch glass baking pan	12 cups
13 x 9 x 2-inch metal baking pan	15 cups
14 x 10½ x 2½-inch roasting pan	19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:

7½ x 3-inch "Bundt" tube **-K**	6 cups
9 x 3½-inch fancy tube or "Bundt pan **-J or K**	9 cups
9 x 3½-inch angel-cake pan **-I**	12 cups
10 x 3¾-inch "Bundt" or "Crownburst" pan **-K**	12 cups
9 x 3½-inch fancy tube **-J**	12 cups
10 x 4-inch fancy tube mold (kugelhupf) **-J**	16 cups
10 x 4-inch angel-cake pan **-I**	18 cups

Melon Mold:

7 x 5½ x 4-inch mold **- H**	6 cups

Spring-Form Pans:

8 x 3-inch pan **-B**	12 cups
9 x 3-inch pan **-B**	16 cups

Ring Molds:

8½ x 2¼-inch mold **-E**	4½ cups
9¼ x 2¾-inch mold **-E**	8 cups

Charlotte Mold:

6 x 4¼-inch mold **-G**	7½ cups

Brioche Pan:

9½ x 3¼-inch pan **-F**	8 cups

Copyright © 1978 Fundcraft Publishing, Inc.

MAIN DISHES

BUFFET CASSEROLE

1 (7 1/4 oz.) pkg. Kraft macaroni and cheese dinner
1 c. chopped onion
1/4 c. chopped green pepper
2 Tbsp. margarine
1 can tuna, drained and flaked
1/4 c. pimentos
1 (3 oz.) can mushrooms, drained

Prepare cheese dinner as directed, except using 3/4 cup milk. Saute onion and pepper in margarine; add to prepared dinner with remaining ingredients; mix well. Pour into a 1 1/2-quart casserole. Bake at 350° for 30 minutes.

Thelma Bland

CAPIROTADA

1 lb. hamburger
1 can cream of chicken soup
1 can cream of mushroom soup
1/4 c. Picante sauce
6 corn tortilla shells

Brown meat. Add soups and Picante sauce. Pour over shells in pan; cover with grated cheese. Put in a 400° oven until cheese melts.

Debra Rodgers

CORNED BEEF DINNER

1 can cream of chicken soup
1/2 c. evaporated milk
1 (12 oz.) can corned beef, cut up
1 c. grated Cheddar cheese
1/3 c. chopped onion
1 1/2 c. cooked noodles
1/2 c. crumbled potato chips

Preheat oven to 425°. Combine soup, milk, corned beef, cheese, onion and noodles in a 1 1/2-quart, greased casserole dish. Top with potato chips. Bake about 15 minutes.

Martha Lindsay

GREEN ENCHILADAS

3 lb. ground meat
1 can chopped green chilies
1 jalapeno pepper, chopped (optional)
salt and pepper to taste
garlic salt to taste
1 can mushroom soup
1 can cream of chicken soup
1 can chicken and rice soup
1 1/2-2 lb. grated cheese
2-3 chopped onions
1 pkg. (36 count) tortillas

Cook ground meat until pink is out. Add salt, pepper, garlic salt, chilies, jalapeno pepper and soups, using only 1/2 can water each to rinse cans. Cook at simmer for 15-20 minutes. While this is cooking, heat tortillas in hot grease and fill rolled tortillas with grated cheese and onions. (This lines two 13-inch sheath pans.)

Pour meat and soup mixture over rolled tortillas; add some cheese and onions to top. Bake at 250°-300° for 20 minutes or until hot. Serve with tortilla chips. (I make my own with remainder of package, by quartering, frying crisp and adding salt.) Serves 8-10 people.

Genelle Martin

MEXICAN STACK-UP

Fill plates in this order:

corn chips, lightly broken (I use cheese Doritos)
Minute rice
chili (I make my own)
red beans
lettuce, shredded
tomatoes, diced
onions, chopped
cheese sauce
sliced black and green stuffed olives
hot and mild Mexican sauce (I use Albert's)
chopped pecans
grated cheese

I use 3 pounds ground meat to feed about 8-12; it depends on each appetite. Adjust to your crowd. This is good for a group and let each guest bring enough of one thing to feed the group.

Pauline Reed Dunklin
Emerald Bay

HAM - ASPARAGUS QUICHE

1 c. cooked ham
1 (9 inch) pastry shell, partly baked
1 small can asparagus
1 c. cheese, diced or grated
3 eggs
1 c. milk
dash of salt
1/4 tsp. black pepper

Sprinkle ham evenly in pastry shell. Arrange asparagus in spoke fashion over ham. Sprinkle with cheese. Beat eggs, milk, salt and pepper until mixed well, but not frothy. Pour over ham, cheese and asparagus. Bake at 375° for 30-40 minutes or until custard is set.

Helen Wedgeworth

HAM AND POTATO CASSEROLE

3 c. ham chunks
3 c. raw potato chunks
1 onion, minced
1 can cream of mushroom soup
salt and pepper to taste
1/2 c. milk

Mix all ingredients together and put into a casserole dish sprayed with Pam. Cover and cook in a 300° oven until potatoes are tender.

Angela Tunstill

KAY WALL'S CASSEROLE

1/2 onion
1 c. celery
2 Tbsp. oleo
1 cooked chicken, diced
1 can cream of mushroom soup
1 can cream of chicken soup
1 1/2 c. Pet milk
1 (5 oz.) can chow mein noodles
2/3 c. oleo
1 pkg. slivered almonds
1 pkg. herb seasoned dressing mix (Pepperidge Farm)

Saute onion and celery in 2 tablespoons oleo. Mix together with next five ingredients and place in a buttered casserole. Melt 2/3 cup oleo; saute almonds in it. Stir dressing mix in oleo and almonds until mix is coated. Layer on top of chicken mixture. Bake, covered, for 1 hour.

Kay Wall
Frankston, TX

IMPOSSIBLE MEXICAN PIE

1 1/2 lb. ground beef
1/2 c. chopped onion
1 (2 1/2 oz.) envelope taco seasoning mix
1 (4 oz.) can whole green chilies, drained, seeded and chopped
1/2 lb. shredded Monterey Jack cheese
1 c. Bisquick
3 eggs
1 1/8 tsp. red pepper

Heat oven to 400°. Lightly grease a 12 x 1 1/2-inch deep pie plate. Cook and stir beef and onion until beef is brown. Stir in taco seasoning mix and spread beef mixture in pie plate.

Sprinkle with chilies and cheese. Beat remaining ingredients until smooth, 15 seconds in blender at high speed, or 1 minute with hand beater. Pour into pie plate over beef. Bake for approximately 20-30 minutes. Let stand 5 minutes before cutting.

Alma Evans

LAST-MINUTE SUPPER

2 Tbsp. butter or margarine
1 large onion
1 (12 oz.) can luncheon meat, cut in 1/2-inch cubes, cooked and drained
1 can cream of mushroom soup
1/2 c. milk
2 Tbsp. parsley
6 potatoes, pared, cut in small cubes, cooked and drained

Cook onion in butter or margarine until transparent; add meat and cook until slightly browned. Add soup, milk and parsley blended together. Add potatoes and simmer 10 minutes.

Barbara Beard

MEXICAN CASSEROLE

1 1/2 lb. ground meat
1 large can Ranch Style beans
1 can cream of mushroom soup
1 can Ro-Tel tomatoes
1 onion, chopped
Fritos (large size)

Brown meat and onion; drain. Layer in casserole: Fritos, meat, beans and cheese. Mix soup and

Ro-Tel tomatoes together; pour over layered mixture. Bake at 350° for 30 minutes or until cheese is bubbly.

Alma Evans

MEXICAN CASSEROLE

3 lb. lean ground beef
2 chopped onions
Lawry's salt
pepper
garlic powder
2 cans Ranch Style beans
2 cans Ro-Tel tomatoes
2 cans cream of chicken soup
1 large pkg. corn tortillas
2 lb. sharp Old English cheese

Brown meat and onions; pour off any excess grease. Add beans, tomatoes and soup. Layer in a large casserole dish the tortillas, then meat mixture, then grated cheese. Do another three layers, ending with a lot of cheese. Sprinkle with paprika. Bake at 350° until bubbly, about 35 minutes.

Rhonda Tunstill

MEXICAN CASSEROLE

1 lb. ground meat
1/2 lb. grated half-moon cheese
1 large chopped onion
1 can cream of mushroom soup
1 can cream of chicken soup
1 can taco sauce
1 small can green chillies
1 small can Pet milk
1 large pkg. Doritos

Brown meat and onion together. Mix in a large saucepan the taco sauce, green chilies (chopped), milk and undiluted soups. Heat until soups are smooth. Place in layers in a large casserole dish: Doritos, meat, cheese and then soup mixture. Make 2 layers and top with cheese. Bake at 350° for 30-45 minutes. Serve hot.

Janice Shackelford

SOUR CREAM CASSEROLE

2 lb. ground meat
1 bell pepper
3 stalks celery
1 large onion
2 small cans tomato sauce
1 can cream of mushroom soup
1 small can mushrooms

1 pkg. dried onion soup mix
noodles
cheese
sour cream

Brown ground meat, bell pepper, celery and onion. Add tomato sauce and simmer. Then add mushroom soup, mushrooms and dried onion soup mix. Let simmer. While simmering, cook 3/4 package (12 ounces) noodles.

Mix all this together and put in a large casserole dish. Top with 1 carton (thin layer) sour cream and grated cheese. Bake at 350° until hot through and through.

Debbie Bird
Frankston, TX

TAMALE CORN CASSEROLE

1 can tamales
1 can Shoe Peg corn, drained
1 c. grated cheese
1/2 c. chili
chopped onion
garlic salt to taste

Put tamales in baking dish and mash with a fork. Mix other ingredients and pour over tamales. Bake for 40 minutes in a 400° oven. Remove from oven and top with cheese to serve.

Dorothy Fisher

MEXICAN CORN BREAD SUPPER

1 lb. ground beef
1/2 c. chopped onion
1 (12 oz.) can whole kernel corn with green sweet peppers, drained
1 (8 oz.) jar Cheez Whiz
1 (4 oz.) can chopped green chilies
3/4 c. corn meal
3/4 c. flour
2 tsp. baking powder
2/3 c. milk
1/4 c. squeeze Parkay margarine
1 egg

Brown meat in a 10-inch, ovenproof skillet; drain. Add onion. Cook until tender. Stir in corn, 1/2 cup Cheez Whiz and chilies. Combine dry ingredients. Add combined milk, egg and margarine, mixing until just moistened. Stir in remaining Cheez Whiz. Spread over meat mixture. Bake at 400° for 25-30

minutes or until golden brown. Let stand for 5 minutes before serving. Makes 6 servings.

LuAnn Tunstill

MISER'S MEAL

1 lb. hamburger meat
1 medium can whole kernel corn
1 medium can tomatoes
1 large onion
salt and pepper
chili powder to taste
corn bread mix

Brown onion and meat; add corn, tomatoes and seasonings to taste. Put into casserole. Top with favorite corn bread mix. Bake at 375° until corn bread on top is a golden brown.

For a Mexican flavor, use a can of Ro-Tel tomatoes and top with a Mexican corn bread mix.

Fay Warrington
Palestine, TX

NO TOMATO CHILI

2 1/2 lb. ground lean chuck
1/4 lb. suet
1/4 c. chili powder
4 pods garlic, chopped fine
2 medium, chopped onions
1 heaping Tbsp. comino seed
1/2 tsp. cayenne pepper
1 heaping Tbsp. paprika
salt and pepper to taste
1 c. flour, mixed into a paste

Cook suet in frying pan until brown. Put into pan large enough to cook chili and add meat, garlic, onions and salt. Let cook for 1 1/2 hours or until meat is tender.

After meat has cooked for 1 hour, add comino seed, cayenne pepper and chili powder. Add water to cover meat and simmer for 2 1/2-3 hours. Add paste to thicken. Serve, or it may be stored in the icebox. After it sets, it may be cut in blocks and frozen. It is better if served in a day or two.

Genelle Martin

OCTOBER CHILI CASSEROLE

1 lb. ground meat
1/3 c. chopped onion
1/2 clove garlic
3/4 tsp. salt
3/4 Tbsp. chili powder
1 (8 oz.) can tomato sauce
1 large can pork and beans
1 c. corn chips, crushed
1/4 c. grated cheese

Combine meat, onion and garlic; brown in skillet. Add salt, chili powder and tomato sauce to meat mixture. Stir in large can of pork and beans. Pour into casserole and top with corn chips and grated cheese. Bake 30 minutes at 350°.

Kate Scott

ONE-DISH DINNER

1/2 pkg. spaghetti
1 large onion
1 can chili
1 can tamales
1/2 lb. cheese

Cook spaghetti until tender. Put a layer of spaghetti in a casserole then a layer of tamales, a layer of onion, then chili. Top with grated cheese. Put in a 350° oven and let it get hot and cheese melts.

Ruth E. Bell

PEPPER STEAK

1 lb. lean round steak
1 Tbsp. paprika
2 Tbsp. butter or margarine
2 cloves garlic, crushed
1 1/2 c. beef broth
1 c. sliced green onions
2 green peppers, cut in strips
2 Tbsp. cornstarch
1/4 c. water
1/4 c. soy sauce
2 large, fresh tomatoes, cut in eighths
3 c. cooked rice

While rice is cooking, pound steak to 1/4 inch thickness. Cut in 1/4-inch wide strips. Sprinkle meat with paprika and allow to stand while preparing other ingredients.

Using large skillet, brown meat in butter. Add garlic and broth; cover and simmer 30 minutes. Stir in onions and green peppers. Cover and cook for

5 minutes more. Blend water, cornstarch and soy sauce; stir into meat mixture. Cook, stirring, until clear and thickened, about 2 minutes. Add tomatoes and stir gently. Serve over rice.

Mrs. Clyde Bell

PEPPER STEAK AND RICE

3 c. hot, cooked rice
1 lb. round steak
1 Tbsp. paprika
2 Tbsp. margarine
2 cloves garlic, crushed
1 1/2 c. beef broth
1 c. green onions, sliced (with tops)
2 green peppers, cut in strips
2 Tbsp. cornstarch
1/4 c. water
1/4 c. soy sauce

While rice is cooking, cut steak in 1/4-inch thick strips; sprinkle meat with paprika and allow to stand. Using a large skillet, brown meat in margarine. Add garlic and broth; cover and simmer for 30 minutes. Stir in onions and peppers; cover and cook 5 minutes more. Blend cornstarch, water and soy sauce; stir into meat mixture. Cook, stirring, until clear and thickened. Serve over rice. Serves 6.

Carol Boyce

PORCUPINE MEAT BALLS

1 1/2 lb. ground meat
1/2 small onion, chopped fine
1 egg
1 c. uncooked rice
1 tsp. salt
1/4 tsp. pepper
2 c. water
4 c. tomato juice

Combine all ingredients, except water and tomato juice. Shape into balls and place in large Dutch oven. Add water and tomato juice. Cover and cook on medium heat for 45 minutes.

Barbara McDonald

PORCUPINE MEAT BALLS

2 lb. ground meat
1/2 lb. sausage (optional)
1/2 c. rice, uncooked
1 medium, chopped onion
salt and pepper to taste
1 can tomato soup
1 Tbsp. shortening

Mix the first five ingredients together. Form into mountain peak balls and brown on all sides in shortening, then add tomato soup and 1 can water. Simmer, covered, for approximately 1 hour. Makes 8-10 balls. Soup makes gravy. Serve with mashed potatoes and cole slaw.

Genelle Martin

SHORT CUT LASAGNE

1 lb. ground beef
1 tsp. Italian seasoning
1 tsp. sugar
1 jar spaghetti sauce
8 oz. cooked lasagne noodles
1 c. cottage cheese
1 1/2 c. shredded Mozzarella cheese
1/3 c. grated Parmesan cheese

Brown meat in saucepan; drain off fat. Add seasoning, sugar and sauce; simmer 10 minutes. Spread 1/2 cup sauce in bottom of 12 x 7 x 2-inch pan. Top with half the noodles. Combine cheeses; top noodles with half of the cheese and sauce mixtures. Repeat layers; end with sauce. Sprinkle generously with additional Parmesan cheese. Bake in a 350° oven for 30-35 minutes or until bubbly. Serves 6-8.

Carol Boyce

SKILLETBURGER ITALIANO

1 lb. ground beef
1/2 c. chopped onion
1 can tomato soup
1 1/2 c. water
1 1/2 c. quick-cooking rice, uncooked
1 medium clove garlic, minced
1 tsp. oregano
1 tsp. salt
3 medium zucchini (about 3/4 lb.), cut in 1/4-inch slices
grated Parmesan cheese

In a skillet, brown beef and cook onion until tender. (Use shortening if necessary.) Stir to separate meat. Pour off fat. Add remaining ingredients, except cheese. Bring to a boil; cover. Reduce heat and simmer for 10 minutes or until rice is done. Stir often. Serve with Parmesan cheese. Makes about 6 cups.

Barbara McDonald

STEAK ENCHILADAS

1 (2 lb.) tenderized steak, cubed
1 pt. mushrooms
1 can green chilies
1 large onion
1 large can black olives, sliced
1 large jar pinta Mexican cooking sauce
Cheddar cheese
Mozzarella cheese
1 pkg. cream cheese
Monterey Jack cheese
sour cream
2 large tomatoes, sliced and cubed
30 corn tortillas

Simmer steak, mushrooms, onion, tomatoes, olives and juice from cans in slow cooker overnight. Then add Mexican cooking sauce; simmer an hour. Drain sauce from meat mixture; reserve. Heat corn tortillas in oil.

Mix 1 tablespoon meat mixture, cream cheese and other cheeses and add this in each tortilla. Roll. Continue until all are used. Put in oblong dishes and pour reserved sauce over Enchiladas. Sprinkle rest of cheese over top. Add mounds of sour cream and heat in a 300° oven. Makes 30.

Kathy McKinney

TATER TOT CASSEROLE

1 1/2 lb. lean ground beef
1 can cream of chicken soup
1/2 c. grated onion
salt and pepper to taste
1 small box Velveeta cheese
Tater Tots

Mix ground beef, salt, pepper and onion. Place in casserole dish. Place soup over meat, then cheese over soup and ground beef. Arrange Tater Tots on top and bake until meat is done in a 325° oven.

Rhonda Tunstill

THRIFTY MEAT BALLS

1 lb. ground meat
1/4 c. chopped onion
1/4 c. uncooked rice
1/4 c. cracker crumbs
1/3 c. milk
1 1/4 tsp. salt
1/8 tsp. pepper
1/4 tsp. poultry seasoning
2 Tbsp. fat or bacon drippings

1 (10 1/2 oz.) can condensed tomato or celery or mushroom soup, diluted
3/4 c. hot water

Combine the first 8 ingredients. Mix and shape into balls. Heat drippings. Add Meat Balls and brown quickly all over. Add diluted soup. Cover and simmer 45 minutes to 1 hour. Remove from heat. Remove meat and add water; bring to a boil. Let boil until the consistency of gravy. Serve over Meat Balls.

Sherril Howell

45-MINUTE SPAGHETTI AND MEAT BALLS

3 slices bacon, diced
3 Tbsp. chopped onion
3 Tbsp. chopped green pepper
1 small can tomato juice
1 1/2 lb. ground chuck
1 (7 oz.) pkg. broken, uncooked spaghetti

Cook the first three ingredients in a deep, heavy skillet until brown. Add the tomato juice. Season and shape ground chuck into balls. Add to tomato mixture. Sprinkle broken spaghetti over top. Cover; cook over low heat for 45 minutes. (Bay leaf may be added to tomato mixture, if desired.) Makes 6 servings.

Kate Scott

WEST TEXAS SPAGHETTI

1 lb. ground meat
1 medium bell pepper, chopped
1 box spaghetti
cheese (for top)
1 medium, chopped onion
1 can tomato soup
1 can whole kernel corn

Brown onion, pepper and meat; add soup and corn. Simmer 10 minutes. Add spaghetti and cook 30 minutes in a casserole at 350°. Place cheese on top. Return to the oven until cheese melts.

Natalie Richie

SAUSAGE LASAGNA

1 lb. ground sausage
1/4 c. chopped onion
2 (8 oz.) cans tomato sauce
1 tsp. sugar
1/2 tsp. basil

1/2 tsp. oregano
1/8 tsp. garlic powder
lasagna noodles
8 oz. small curd cottage cheese
1 (4 oz.) pkg. Mozzarella cheese
2 Tbsp. Parmesan cheese

In a large skillet, cook sausage over medium heat, stirring to break apart. Pour off drippings. Add onion; cook and stir for 3 minutes or until tender. Add tomato sauce, sugar, basil, oregano and garlic powder. Cover and simmer 10 minutes.

In a greased, 8 or 9-inch, square baking dish, layer four cooked lasagna noodles, half the sauce and cottage cheese. Top with four more cooked lasagna noodles and remaining sauce, Mozzarella cheese and the Parmesan cheese. Bake in a 350° oven for 40 minutes or until golden brown. Makes 4-6 servings.

Pauline Reed Dunklin
Emerald Bay

SAUCY SLOPPY JOES

1 Tbsp. salad oil
1 lb. lean ground beef
1 large onion, chopped
1 c. catsup
1 c. water
1/2 c. cold water
3 Tbsp. flour
1 Tbsp. dry mustard
1 Tbsp. chili powder
1 tsp. salt

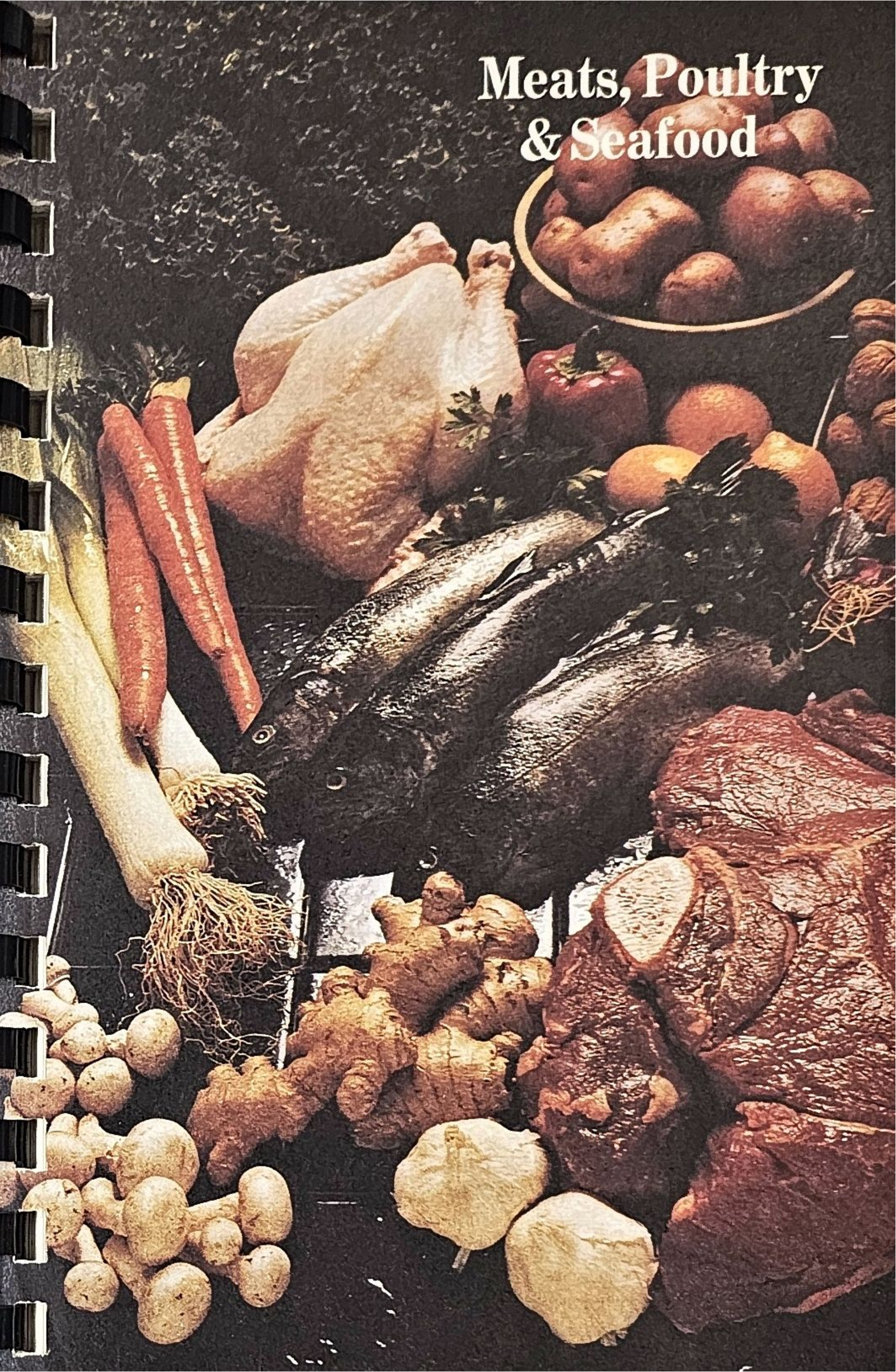
Heat oil in skillet. Add ground beef; cook over medium heat, stirring with a fork to break up meat, until lightly browned. Add catsup and water; mix well. Cook over medium heat until thoroughly heated.

Combine water and flour; stir until well blended. Add mustard, chili powder and salt; mix until smooth. Gradually add to meat mixture, while stirring constantly, until thickened. Spread over heated hamburger rolls.

Nelda Stricklen

** EXTRA RECIPES **

Meats, Poultry & Seafood



Meat Cooking Chart

ROASTING	WEIGHT	MINUTES PER LB.	Oven Temp.	Internal Temp.
FRESH PORK				
Rib and loin	3 - 7 lbs.	30 -40	325	175 F
Leg	5 lbs.	25 -30	325	170 F
Picnic shoulder	5 - 10 lbs.	40	325	175 F
Shoulder, butt	3 - 10 lbs.	40 50	325	170 F
Boned and rolled Shoulder	3 - 6 lbs.	60	325	170 F
BEEF				
Standing ribs - rare	3 -7 lbs.	25	325	135 F
-medium	3 -7 lbs.	30	325	165 F
-well done	3 -7 lbs.	35	325	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes.				
LAMB				
Shoulder - well done	4 -10 lbs.	40	325	190 F
Shoulder - boned and rolled	3 -6 lbs.	40	325	182 F
Leg - medium	5 -10 lbs.	40	325	175 F
Leg - well done	3 -6 lbs.	40 - 50	325	182 F
Crown - well done	3 -6 lbs.	40 -50	325	182 F
SMOKED PORK				
Shoulder and picnic hams	5	30 -40	325	170 F
	8	30 -40	325	175 F
Boneless butt	2	40	325	180 F
	4	25	325 F	170 F
Ham	12 -20	16 -18	325 F	170 F
	Under 10 lbs	20	325	175 F
	Half hams	25	325	170 F
VEAL				
Loin	4 -6 lbs.	35	325 F	175 F
Leg	5 -10 lbs.	35	325	175 F
Boneless shoulder	4 -10 lbs.	45	325F	175 F
POULTRY				
Chicken	3 -5 lbs.	40	325F	170 F
Stuffed	over 5 lbs.	30	325	170 F
Turkey	8 -10 lbs.	20	325	175 F
	18 - 20 lbs.	14	325	175 F
Duck	5 -10 lbs.	30	325	175 F

Copyright © 1978 Fundcraft Publishing, Inc.

BEEF LOGS

5 lb. ground chuck
2 Tbsp. peppercorns
1 Tbsp. garlic salt
1 Tbsp. onion salt
1 Tbsp. onion powder
2 Tbsp. seasoning salt
6 Tbsp. liquid smoke
4 Tbsp. Tender Quick salt cure (Safeway)
1 c. water

Mix liquid smoke with water; add to meat. Add spices and Tender Quick; mix well. Cover and refrigerate for 24 hours.

Roll in to 5 or 6 logs about the size of silver dollars. Wrap in Saran Wrap and refrigerate for 24 hours. Bake at 300° for 1 1/2 hours, turning over after 45 minutes. Bake on wire racks above pan or on broiler pan if you have no racks since some juice drains.

Sue Hornbuckle

S. O. S.
(Creamed Beef on Toast)

1 qt. Good Gravy
2 lb. ground beef
dry toast
salt

Stir-fry ground beef; add salt to taste. Drain meat. Add meat to gravy. Pour mixture onto toast.

Tom Stricklen

GOOD GRAVY

1 c. butter
1 c. flour
1 tsp. salt
1 qt. milk

Melt butter in saucepan; stir in flour and salt until smooth. Gradually stir in milk. Cook over direct heat, stirring constantly, until boiling. Careful stirring with a wire whip prevents lumping. Additional salt may be added to suit taste after cooking. Makes about a quart.

Tom Stricklen

PEKING ROAST

1 (3-5 lb.) roast
slivers of onions
garlic
1 c. vinegar
oil
2 c. strong black coffee
2 c. water
salt and pepper

With a sharp knife, cut slits completely through the meat. Insert onions and garlic into these slits. Put meat in a bowl and slowly pour vinegar over it. Cover and place in the refrigerator for 24 hours, basting every so often with the vinegar. After 24 hours, pour vinegar off.

Place the meat in a heavy pot and brown until very dark on both sides. Add coffee and water. Cover and cook for about 6 hours slowly. Add some water, if needed, as not to burn. Add salt and pepper 20 minutes before done. Thicken or serve gravy as is.

Heloise's Hints

BAKED SMOKED BRISKET

1 (6 lb.) beef brisket
non-seasoned instant meat tenderizer
1 (3 1/2 oz.) bottle liquid smoke
1/3 small bottle Worcestershire sauce
1 1/2 tsp. salt
1 1/2 tsp. celery salt
1/2 tsp. garlic salt
pepper to taste

Use pan you plan to cook meat in. Prick meat on both sides and sprinkle with tenderizer. Set aside while you assemble and mix other ingredients together. Spoon over meat and cover tightly with heavy foil. Refrigerate overnight. Bake at 250° for 5 hours. Cool to room temperature.

Place in refrigerator overnight. Remove hardened grease. Slice thin, trimming fat. Heat in own liquid. Smaller pieces can be used, reducing ingredients. This freezes well.

Sue McSpadder
Little Rock, AR

CASHEW CHICKEN OR TUNA

2 c. cooked chicken or tuna
1 can mushroom soup
1/4-1/2 c. water
1 c. diced mushrooms
1 c. diced celery
1/4 c. chopped green onions

Second Addition:

soy sauce
Tabasco sauce
1/2 c. cashew nuts
Chinese noodles

Cook all together until celery is tender. Add soy sauce to taste. Add a dash of Tabasco sauce; mix well. Add the cashews before serving. Serve over Chinese noodles.

Genelle Martin

CHICKEN AND BROCCOLI AU GRATIN

1/4 c. margarine
1/4 c. chopped onion
1/4 c. flour
1 tsp. salt
1/2 tsp. curry powder (optional)
dash of pepper
1 (4 oz.) can mushrooms
1 (13 oz.) can evaporated milk
1 (10 oz.) pkg. chopped broccoli, cooked and drained
1 chicken, cooked and cubed
1 c. (4 oz.) Monterey Jack cheese, grated

Melt margarine in a skillet; saute onion until clear. Remove from heat. Stir in flour, salt, curry powder and pepper. Drain mushrooms, reserving liquid. Add water to make 1/2 cup liquid. Gradually stir into flour mixture in skillet. Blend in evaporated milk until smooth. Add mushrooms. Cook and stir over medium heat until sauce begins to thicken. Stir in chicken and broccoli.

Pour into a 13 x 9-inch baking pan; top with cheese. Bake at 375° for 20 minutes or until bubbly around edges. Cool 15 minutes before serving. Serves 6.

Margaret Carr

CHICKEN DIVAN

1 (3-4 lb.) chicken, boiled, boned and cut
2 c. milk
1 Tbsp. salt (optional)
20 oz. chopped broccoli, cooked
2 (8 oz.) pkg. cream cheese
3/4 tsp. garlic salt
1 1/2 c. Parmesan cheese

Cook chicken and broccoli. Blend milk, cream cheese and garlic salt. Heat until creamy. Remove from heat and add 3/4 cup Parmesan cheese.

Layer in baking dish: Broccoli, chicken and cheese sauce. Top with 3/4 cup Parmesan cheese. Bake in a 350° oven for 25-30 minutes or microwave for 5-6 minutes on high.

Serve with hot rice. Serves 6-8. To serve 2-4, use 2-3 chicken breasts and cut other ingredients in half.

Carol Boyce

CHICKEN AND DUMPLINGS

1 fat hen or fryer
3 tsp. salt
1 egg
flour
1 c. broth

Cover chicken in large pot with water. Add 2 teaspoons salt. Cook until very tender. Remove chicken from pot. Take the broth and cool. In large bowl, beat egg; add broth, 1 teaspoon salt and flour. Add flour until mixture is very firm. Roll small amount out on floured surface and cut in thin strips.

Drop into boiling broth. Continue this until all dough is used. Cook 1 minute; stir very carefully. Add deboned chicken.

Sue McSpadder
Little Rock, AR

CHICKEN ENCHILADA PIE

1 (3 lb.) chicken, cooked and boned
1 can mushroom soup
1 can chicken soup
1 (4 oz.) can green chilies, chopped
1 tsp. chili powder
4 tsp. chopped onion
1/4 tsp. Tabasco sauce
1 c. chicken broth

1/8 tsp. garlic powder
1/4 tsp. black pepper
4 c. corn chips
8 oz. Cheddar cheese

Cook and bone chicken, reserving 1 cup broth. Combine soups, green chilies, spices, Tabasco sauce and 1 cup chicken broth. Blend well. Cover bottom of a 2 or 3-quart casserole dish with 2 cups corn chips. Spread half of chicken over this layer. Then add half the sauce. Top with half the cheese. Repeat layers, ending with cheese. Bake at 350° for 25-30 minutes.

Syble Ivie

CHICKEN KIEV COUNTRY-STYLE
(Serves 4)

2/3 c. butter or margarine
1/2 c. fine dry bread crumbs
2 Tbsp. grated Parmesan cheese
1 tsp. basil leaves
1 tsp. oregano
1/2 tsp. garlic salt
2 whole chicken breasts, split
1/4 c. white wine or apple juice
1/4 c. chopped green onions
1/4 c. chopped, fresh parsley

Heat oven to 375°. Melt butter. Combine bread crumbs, Parmesan cheese, basil, oregano and garlic salt. Dip chicken breasts in melted butter, then coat with crumb mixture. Reserve remaining butter.

Place chicken with skin side up in a pan and bake for 50-60 minutes or until fork tender. Meanwhile, add wine, green onions and parsley to reserved butter. When chicken is browned, pour butter sauce over chicken. Bake 3-5 minutes more. Serve sauce over chicken.

Carol Boyce

KING RANCH CHICKEN

1 fryer, boiled and boned (or 4 chicken breasts
1 can cream of mushroom soup
1 can cream of chicken soup
1/2 c. chopped onion
1 tsp. chili powder
1/4 c. Ro-Tel tomatoes with green chilies
corn tortillas
grated cheese

Combine chicken, soups, onion, tomatoes and chili powder. Dip tortillas in chicken broth and use to line sides and bottom of a baking dish, about 9 x 12 inches. Cover tortillas with chicken mixture. Top with grated cheese. Bake at 325° for 30 minutes.

Marzelle Williams

MEXICAN CHICKEN

1 fryer
1 onion
1 tsp. garlic salt
1 tsp. chili powder
1 c. Ro-Tel tomatoes
1/2 lb. Cheddar cheese, grated
1 pkg. soft tortillas
2 cans cream of chicken soup

Preheat oven to 350°. Cook chicken and remove bone. Mix with onion, garlic salt, chili powder, tomatoes and cheese. (Add green chilies, if desired.) Soften tortillas in boiled chicken stock; line baking dish and add chicken mixture. Pour soup over mixture and bake for 35 minutes.

Fay Warrington
Palestine, TX

MEXICAN CHICKEN

onion
butter
1 can cream of mushroom soup
1 can canned milk
2 cans boned chicken
1 pkg. Doritos, crushed
3/4 pkg. cheese, grated
chopped jalapeno peppers

Saute onion in butter until done. Mix remaining ingredients. Mix all together and put in a well-greased casserole dish. Put other part of cheese on top and bake about 25-30 minutes.

Lauri Cecil

CHICKEN ROMANESQUE

1 (2 1/2-3 lb.) frying chicken, cut up
1/4 c. Wesson oil
salt and pepper to taste
1 c. raw rice
1 c. chicken broth
1/4 c. sliced, ripe olives
1 medium green pepper, sliced in rings

1 (15 oz.) can Hunt's tomato herb sauce
2 Tbsp. grated Parmesan cheese

In a large skillet, brown chicken in Wesson oil; pour off fat. Sprinkle with salt and pepper. Stir in rice, chicken broth and olives. Arrange green pepper rings and onion slices on top. Pour Hunt's sauce over all. Simmer, covered, for 45 minutes. Sprinkle with Parmesan cheese just before serving.

Dorothy Dent

CHICKEN IN SHERRY SAUCE

1 (2 1/2-3 lb.) fryer, cut up
salt and pepper
3 Tbsp. margarine
1 small onion, sliced
1 c. sour cream
1 c. mushrooms, undrained
1 can cream of chicken soup
2/3 c. cooking sherry

Season chicken pieces with salt and pepper; brown in margarine. Arrange chicken, onion slices and mushrooms in a casserole dish. Mix other ingredients and pour over chicken mixture. Bake, covered, at 400° for 40-50 minutes. This makes quite a lot of gravy which is good served over rice.

Kay Gouger

CHICKEN SPAGHETTI I

2 large hens
1/2 lb. butter
2 large onions, chopped
4 cloves garlic chopped
4 lb. round steak, ground
3 (No. 1) cans tomatoes
salt and pepper to taste
2 Tbsp. chili powder
3 pkg. spaghetti
chicken stock
2 lb. American cheese, grated

Boil hen in enough seasoned water to cover; save stock. Bone chicken and cut in bite-sized pieces.

Put butter in a large skillet; add onions and garlic. Simmer. Add ground steak and fry slightly. Add tomatoes and cook until like hash. Add salt, pepper and chili powder.

Using a large baking dish, put a layer of cooked spaghetti, a layer of sauce, a layer of chicken, and a

layer of cheese in it. Repeat three times, ending with cheese on top. Bake in a 200° oven for 2 hours. Serves 14-16.

Jo Abel

CHICKEN SPAGHETTI II

1 large hen
2 large onions, chopped
3 cloves garlic, chopped
4 ribs celery, chopped
1 bell pepper, chopped
1 bunch green onions, chopped
1/2 bunch parsley, chopped
2 Tbsp. bacon drippings
1 can tomato sauce
1 can tomato soup
1/2 can tomato paste
salt and pepper to taste
1 bay leaf
dash of hot sauce
2 Tbsp. Worcestershire sauce
2 c. broth

Boil hen in seasoned water (enough to cover); save broth. Bone chicken and cut in large pieces.

Saute onions, garlic, celery, bell pepper and green onions in hot bacon drippings, adding the parsley as this cooks. Be sure to use a large, heavy pot. Add to this the tomato sauce, soup, paste and seasonings. Thin the mixture with the broth and add the boned chicken. Cover and simmer for about 1 hour or until the sauce has thickened. Serve over spaghetti. Serves 6.

Jo Abel

CHICKEN SPAGHETTI

1 large fryer
1 can cream of mushroom soup
1 can cream of chicken soup
1 c. celery, chopped
1 medium onion, chopped
1/2 c. chopped ripe olives
garlic salt to taste
salt and pepper to taste
2 c. chicken broth
1 1/2 c. uncooked spaghetti

Boil fryer and remove from bones; chop coarsely. Saute onion and celery in 1 tablespoon margarine. Combine rest of ingredients. Place in large baking dish and top with 1/2 cup grated cheese. Toast and crumble 4 slices bread; add enough melted

margarine to moisten crumbs and all to top of mixture. Top with paprika. Bake in a 350° oven for 30-40 minutes.

Virginia Pollard

CHICKEN SPAGHETTI CASSEROLE

1 (2-3 lb.) chicken
2 cans cream of mushroom soup
1 (8 oz.) jar Cheez Whiz
1/2 tsp. garlic powder
1/2 tsp. onion powder
1 c. water
1 small pkg. spaghetti
1 c. water

Boil chicken until tender; remove meat from bones. Boil spaghetti until tender. Add remaining ingredients to chicken and spaghetti; season with salt and pepper. Bake in a 300° oven until thoroughly heated.

Ellen B. Loyless

CHICKEN SUPREME

2 c. diced chicken
1 c. diced Cheddar cheese
1 can mushroom soup
2 c. Ritz crackers, crushed
1 c. diced celery
1 c. chopped onion
1 c. chicken broth
2 eggs
salt and pepper to taste

Combine all ingredients in baking dish, except for 1/4 cup crumbs for topping. Bake 1 hour at 350°.

Note: Leftover turkey may be used for this recipe.

Billie Gillen

SWEET AND SOUR CHICKEN

2 1/2 c. cooked chicken
1 egg
1 c. and 1 Tbsp. corn-starch
1 (15 1/4 oz.) can pineapple chunks
1/2 c. wine vinegar
1/2 c. sugar
1 medium-sized green pepper
1 tsp. soy sauce
vegetable oil
water

Combine chicken and egg, tossing to coat chicken. Dredge chicken in 1/2 cup cornstarch and fry in hot oil until golden brown. Drain on paper towels and set aside.

Drain pineapple, reserving juice. Add enough water to pineapple juice to measure 1 cup. Combine juice, vinegar and sugar in a wok or large skillet; stir well. Bring to a boil, stirring constantly. Add green pepper; cut in 1-inch squares. Cover and simmer for 2 minutes.

Combine 2 tablespoons cornstarch and water; add to wok and stir until thickened. Stir in pineapple, soy sauce and chicken. Heat. Serve over rice.

Ellen B. Loyless

CHICKEN TETRAZZINI

4 c. boiled, boned, chopped chicken (this is about a 4 lb. hen)
1 c. chopped onion
1/2 c. chopped green pepper
1 c. chopped celery
1 small can pimentos, chopped
1/2 stick oleo
1 can mushroom soup
1 c. grated cheese
1 c. toated bread crumbs
1 (16 oz.) pkg. noodles

After the chicken is removed, boil the noodles in the broth, which has been salted to taste. Drain and set aside. Saute the onion, pepper, celery and pimentos in the butter.

Make sauce of the mushroom soup and 1/2 cup grated cheese. Add the sauce into the vegetables. Add chicken and blend well. Add noodles; mix well.

Simmer, stirring constantly, until thoroughly heated. Pour into shallow baking dish; top with the last cup of grated cheese, which has been blended thoroughly into bread crumbs. Bake 30 minutes at about 300°.

Elizabeth Costlow
Frankston, TX

TEXAS CHICKEN

1 chicken
1 can Ro-Tel tomatoes
1 can cream of chicken soup

1 can cream of mushroom soup
1 onion, diced
1 pkg. Doritos chips (cheese)
1 qt. broth

Boil the chicken until tender; remove from bones. Put broth, chicken, soups and onion in a saucepan and heat until hot. Put chips in a 13 x 9 x 2-inch baking dish. Then add the chicken mixture and cheese on top. Cover with foil to cook. Bake for 30-40 minutes in a 350° oven.

Janice Shackelford

GREEK FRIED CHICKEN LIVERS

Dip:

1 c. milk
2 eggs, well beaten

Breading:

2 c. flour
2 Tbsp. baking powder
2 tsp. Greek seasoning
2 tsp. mushroom powder
white pepper and salt to taste

Parboil gizzards and cut in halves. Do not parboil livers. Soak in dip mixture and deep fry.

Billie Fagan

GRILLED SMOKED TURKEY

1 (10-12 lb.) turkey
1/4 c. vegetable oil
1/2 c. salt
1 c. vinegar
1/4 c. pepper
hickory chips

Rinse turkey and pat dry. Combine oil and salt in a bowl. Rub 1/4 of the mixture into the large and wishbone cavities. Truss turkey and balance on spit. Brush with oil mixture. Prepare grill. Mix remaining oil mixture with vinegar and pepper.

At the end of the first hour, brush turkey with basting sauce. Soak hickory chips in water. Wrap chips in a small foil package, punch holes in foil, and lay on coals. Continue roasting and basting every 30 minutes. Total cooking time will be 4-5 hours. Let turkey lie for 15 minutes before carving.

Kate Scott

HAMBURGER CORN PONE PIE

1 lb. ground meat (beef)
1/3 c. chopped onion
1 Tbsp. shortening
2 tsp. chili powder
3/4 tsp. salt
1 tsp. Worcestershire sauce
1 c. canned tomatoes
1 c. drained canned Ranch Style beans or canned pinto beans
1 c. corn bread batter

Brown meat and onion in melted shortening. Add seasonings and tomatoes. Cover and simmer over low heat for 15 minutes. Add beans. Pour into a greased casserole. Top with corn bread batter and bake in a hot oven (425°) for 20 minutes or until corn bread is browned.

Elizabeth Costlow
Frankston, TX

HAMBURGER QUICHE

1 lb. ground meat
2 Tbsp. flour
1/2 c. milk
3/4 c. mayonnaise
3 eggs, beaten
1 heaping c. cheese, grated (Cheddar or American)
unbaked pie shell

Lightly brown ground meat, seasoning with salt, pepper and onion flakes to taste. (Minced garlic also may be used.) Drain. In a bowl, mix remaining ingredients; add ground meat. Pour into pie shell and bake at 350° for 40-50 minutes. Let set for 5-10 minutes before serving.

Donna Richardson

DELUXE MEAT LOAF

2 medium stalks chopped celery
1 medium, minced onion
1 grated, medium carrot
2 strips diced bacon
1 (3 oz.) can diced mushrooms
1 medium, minced green pepper
1 Tbsp. soy sauce
1 Tbsp. Worcestershire sauce
2 eggs
1 c. dry bread crumbs
1/2 tsp. celery flakes
1/2 tsp. dry mustard
1/2 tsp. sage
1/2 tsp. salt
1/2 tsp. Accent or monosodium glutamate

1/4 tsp. garlic powder
1/4 tsp. pepper
1 c. milk
1 lb. ground meat

Combine all ingredients, except ground meat, and let stand for 30 minutes to 1 hour. Then add meat and mix well. Bake in a loaf pan at 350° for 1 hour and 15 minutes. Stripe top with catsup the last 15 minutes of baking time.

Optional: Pour an 8-ounce can tomato sauce over loaf or serve tomato sauce, hot, separately. Very good.

Genelle Martin

EASY MEAT LOAF

2 lb. ground beef steak
1/2 lb. ground salt pork
1 c. cracker crumbs
1 c. milk
salt and pepper to taste
chopped onion to taste

Place all ingredients in bowl; mix well. Press firmly into loaf pan. Cover with water. Bake in a preheated 325° oven for 1 hour and 30 minutes.

Altie Kiwala

MEXICAN MEAT LOAF

2 lb. ground meat
1 small onion, chopped fine
1/2 bell pepper, chopped fine
1-2 hot peppers, chopped fine
garlic to taste, chopped fine
1 can cream of mushroom soup
1 can chicken and rice soup
1 (6 oz.) can tomato paste
1 (8 oz.) jar taco sauce
salt and pepper to taste
chili powder to taste
1 lb. Cheddar cheese, grated
1 (3/4 lb.) bag Doritos

Cook above, except Doritos and cheese, until onion, pepper and meat are tender. Place 1/2 of the Doritos in a 9 x 13-inch pan; cover with 1/2 of the meat mixture, then 1/2 the grated cheese. Repeat. Bake at 350° for 20 minutes.

Dorothy Dent

SMOTHERED MEAT LOAF

2 lb. ground beef
1 medium onion, chopped
salt and pepper to taste
1 Tbsp. oil (for skillet)
flour

Divide ground beef in half. Sift flour onto waxed paper. Pat or roll meat out to fit skillet. Sprinkle chopped onion on the meat. Repeat procedure with second half of meat. Place over the onion. Lightly sprinkle flour over the top and press down.

Bake at 400° for 45 minutes. Add flour in drippings around meat for amount of gravy desired and blend. Add water. Cover and cook 20 minutes longer.

Roland Richie

GROUND MEAT STROGANOFF

1 1/2 lb. lean ground beef
1 medium-sized onion
1 (8 oz.) box fresh mushrooms
1 (8 oz.) carton sour cream
Tony's seasoning or salt and pepper

Brown ground meat; drain. Add chopped onion and cook until onion is tender. Add mushroom slices and simmer about 2 minutes. Stir in sour cream. Serve over rice or noodles.

Ellen B. Loyless

PORK PATTIES

1 lb. ground pork
1/2 c. dry bread crumbs
1 egg
1 Tbsp. minced onion
1/4 tsp. salt
1/8 tsp. pepper
1/2 tsp. dried parsley flakes

Mix ingredients and shape into four patties. Fry patties in skillet over medium heat, turning until brown on both sides.

Elizabeth Gardenhire

COUNTRY PORK CHOPS

1/4 c. cooking oil
4 lean chops
1/4 c. flour
2 Tbsp. water
1/4 tsp. salt

Pour oil into skillet. When hot, sear on both sides of chops. Lower heat; add water and cover. Remove 1 chop at a time, dredge in flour, salt lightly and return to skillet. Cook slowly until tender. Use skillet drippings to make gravy.

Thelma Bland

TEXAS BAKED PORK CHOPS

6 pork chops
1 c. rice, uncooked
1 c. water
1 (10 3/4 oz.) can beef consomme

Brown pork chops in skillet. Prepare rice and water in saucepan until water is absorbed, about 10 minutes. Place rice, which is partially cooked, in a 13 1/2-inch casserole dish. Add beef consomme to rice and mix. Place pork chops on top of rice. Cover casserole and bake at 300° for 1 hour.

Mary McCann

GRAVY BAKED PORK STEAKS

4 pork steaks (1/2 inch thick)
1 (10 1/2 oz.) can cream of mushroom soup
2/3 c. Pet milk
1/3 c. water

Sprinkle steaks with salt and pepper. Brown in shortening in a large skillet; drain. Mix remaining ingredients. Pour over chops. Bake in a 350° oven for 45 minutes or until tender. Stir gravy. Serves 4.

Kate Scott

TUNA PIE

4 c. (8 oz.) noodles, cooked and drained
1 (8 oz.) jar Cheez Whiz
1 (6 1/2 oz.) can tuna, drained and flaked
3 eggs, slightly beaten
1/2 c. celery, sliced
1/4 c. chopped pimientos
1/2 tsp. onion salt

Combine ingredients; mix well. Spoon into a greased, 9-inch pie plate or baking dish. Cover loosely. Bake at 325° for 35 minutes. Uncover and let stand 5 minutes before serving. Makes 6 servings.

Pauline Reed Dunklin
Emerald Bay

TUNA CASSEROLE

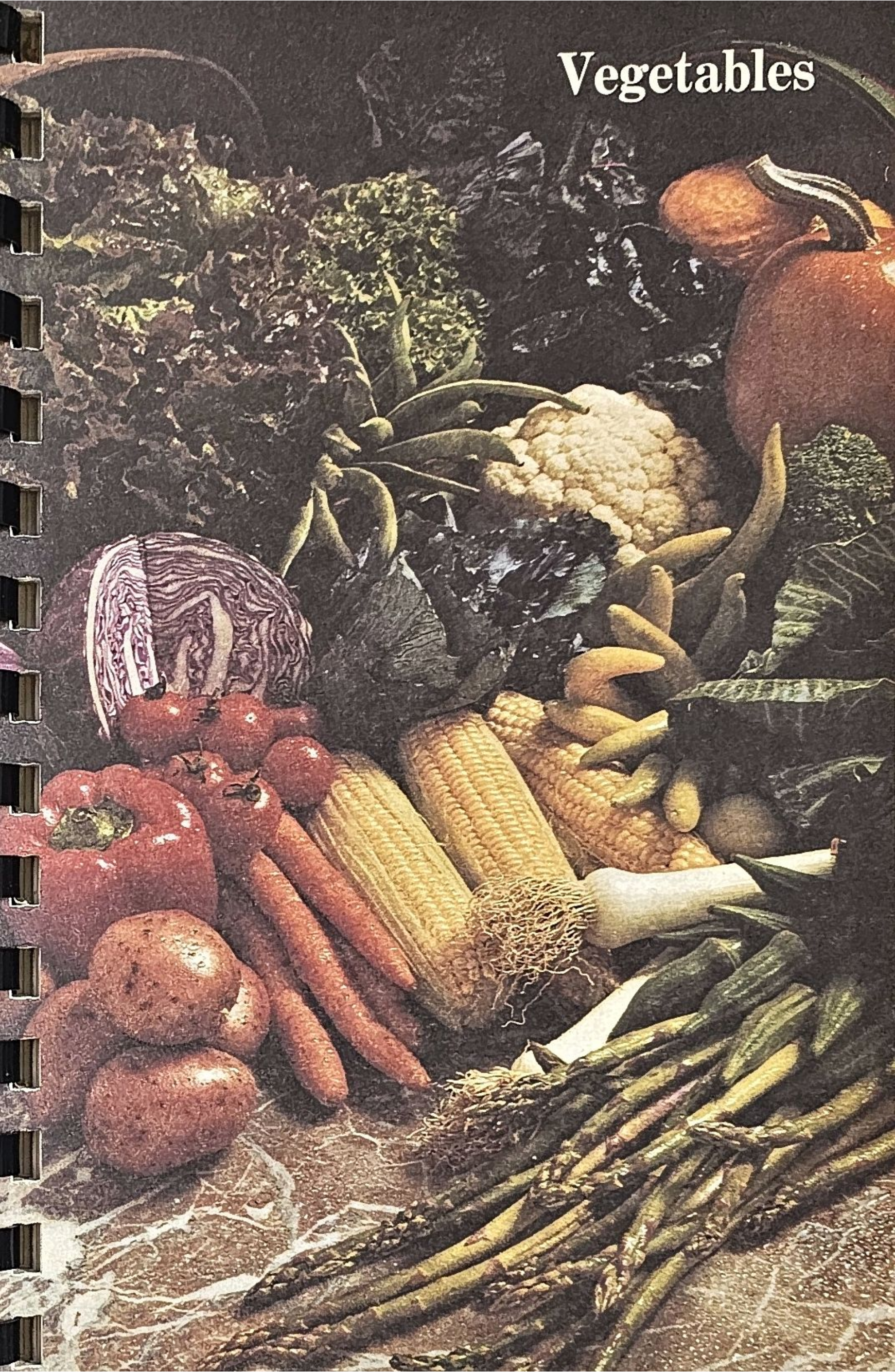
1 large can tuna
1 pkg. Kraft macaroni and cheese
1 can cream of mushroom soup
1 stick butter
bread crumbs
salt and pepper

Cook Kraft macaroni and cheese as package directs. Add tuna, seasonings and soup. Mix. Melt butter; add bread crumbs and sprinkle over mixture in casserole dish. Bake until hot.

Rhonda Tunstill

** EXTRA RECIPES **

Vegetables



How To Can Vegetables

POINTS ON PACKING

Raw pack. - Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. - Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty, or strong-flavored, and when there isn't enough cooking liquid.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. - Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

•Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

•Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

•Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).

•Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.

•Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

•When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings, and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lids according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its read button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

Copyright © 1978 Fundcraft Publishing, Inc.

BAKED BEANS

2 (No. 2) cans pork and beans
1 medium onion, chopped
2/3 c. catsup
1 Tbsp. mustard
1 tsp. Worcestershire sauce
1 Tbsp. molasses
1/4 c. brown sugar
dash of Tabasco sauce
4 bacon strips

Mix all of the above and put into an oblong casserole dish. Arrange bacon strips on top and bake, uncovered, in a 325° oven for about 1 1/2 hours.

Rhonda Tunstill

GREEN BEAN CASSEROLE

1 can French-sliced green beans
1 large onion, diced
1 large bell pepper, diced
1 can cream of mushroom soup
1 large pkg. potato chips
stuffed olives
slivered almonds

Place into buttered dish one layer each of beans, onions, bell pepper and soup. Repeat the sequence. Crush potato chips and put on top. Sprinkle with olives and almonds. Bake at 300° for 1 hour.

Jo Abel

GREEN BEAN CASSEROLE

2 pkg. frozen cut beans or 2 (1 lb.) cans, drained
1 tsp. salt
3/4 c. milk
1/8 tsp. black pepper
1 (10 1/2 oz.) can condensed cream of mushroom soup
2 Tbsp. diced pimiento
1 (3 oz.) can Durkee O & C French fried onions

Cook frozen beans according to package directions; drain. Combine milk, soup and pepper; pour over beans. Add 1/2 can onions. Pour into a 1 1/2-quart casserole. Bake at 350° for 20 minutes. Garnish with 1/2 can onions and pimiento; bake 5 minutes. Serves 6.

SCRAMBLED CABBAGE

1/2 head shredded cabbage
6 eggs
salt and pepper
bacon fryings

Cook cabbage in a small amount of water until well done. (You may add salt and pepper.) Cool slightly and add the beaten eggs. (You may add more eggs, if desired.) Add salt and pepper to taste.

Turn mixture into hot bacon grease in skillet; turn fire to low and cook until eggs start to become done. Turn over with spatula and continue cooking until eggs are done, but not hard. Serve while hot.

Vinegar served with this is also good, or hot sauce or pepper sauce, whichever is preferred.

Genelle Martin

CABBAGE SKILLET

4 slices bacon
1 head cabbage
1 medium onion
salt
2 medium carrots
water

Crisp bacon in a 10-inch skillet; drain. Leave enough drippings to season cabbage. Cut cabbage in sections and arrange in skillet. Add onion (cut), salt and about 2 cups water. Cover and simmer until tender. Boil sliced carrots in a saucepan until tender; drain. Add to cabbage and boil until there is very little liquid left. Crumble crisp bacon and sprinkle over cabbage. Serve hot.

Mrs. Homer (Wanda) Henderson

BROCCOLI

2 pkg. frozen chopped broccoli
2 c. cooked rice
1 large onion
1 large bottle jalapeno cheese
1 can undiluted cream of mushroom soup

Saute onion in butter until tender. Add all ingredients. Bake in a buttered casserole for 45 minutes.

Jo Abel

COMPANY BROCCOLI

2 pkg. broccoli spears
1 c. grated American cheese
1 can cream of mushroom soup
2/3 c. milk
1 (3 1/2 oz.) can French fried onion rings

Prepare broccoli by package directions, cooking only 4 minutes; drain. Place in greased, 2-quart casserole; sprinkle with cheese. Pour mixture of soup and milk over the broccoli and cheese. Bake at 350° for 25 minutes. Remove from the oven and top with onion rings. Bake 8-10 minutes longer, or until onion rings are crisp.

Kay Gouger

BRUSSEL BAKE

1 small box Brussels sprouts
2 Tbsp. butter
bread crumbs
1/2 c. white cheese (Swiss, Muenster or Mozzarella)

Steam Brussels sprouts until cooked. Slice cooked Brussels sprouts in halves or quarters. Layer the Brussels Sprouts in a small baking dish; dab butter in dish and sprinkle with cheese, then bread crumbs. Bake at 400° for 10-15 minutes, until cheese melts and is lightly browned.

Julie Buttrill

BROCCOLI CASSEROLE

1 pkg. frozen broccoli
1 c. rice
1/2 c. chopped onion
1/2 c. chopped celery
1 small jar Cheez Whiz
1 can cream of mushroom soup
1 can cream of celery soup

Cook rice and broccoli according to package directions. Saute onion and celery in 2 tablespoons margarine. Add soups and cheese; heat until cheese melts. Mix together. Bake for 30 minutes at 350°.

Virginia Pollard

BROCCOLI CRUNCH

2 (10 oz.) pkg. frozen broccoli spears
2 c. sour cream
1/2 tsp. garlic salt
1 tsp. Worcestershire sauce
3/4 c. corn flake crumbs
1 Tbsp. milk

Cook broccoli according to package directions; drain. Mix sour cream, salt and Worcestershire sauce. Coat each spear with sour cream mixture. Cover with crumbs.

Place in one layer in a buttered, 12 x 7 1/2 x 2-inch baking dish. Bake in a hot oven (400°) for 20 minutes. Add milk to remaining sour cream mixture. Heat to serving temperature; do not boil. Serve with broccoli. Serves 6-8.

Carol Boyce

COTTAGE CHEESE-STUFFED CELERY

3 Tbsp. sour cream
1/4 lb. cottage cheese
7 radishes, chopped
2 Tbsp. chopped chives
salt and pepper to taste
paprika to taste
celery stalks

Mix sour cream with cottage cheese; stir in radishes and chives. Sprinkle with salt, pepper and paprika; mix well. Fill celery with cheese mixture.

Altie Kiwala

CORN CASSEROLE

1 large onion
1 bell pepper
1 stick margarine
1 can cream-style corn
1 small can pimientos
3/4 c. Minute rice
1 egg, beaten
salt and pepper to taste
cheese, grated

Cook onion and bell pepper in margarine; set aside to cool. Combine the next four ingredients; season to taste. Add onion and bell pepper. Grate cheese on top. Bake at 350° until done.

Bernice Ruff

CORN CASSEROLE

1/2 stick margarine
3 c. corn, cut from cobs, or frozen or canned
1 small onion, chopped
1/2 c. chopped pimentos
1-2 small jalapeno peppers, minced fine
1/4 c. flour
2 c. milk
3 eggs, well beaten
4 slices crisp bacon, crumbled
salt and pepper
1 1/2 c. grated cheese (Cheddar)

Melt margarine in large saucepan. Saute corn and onion over low heat for 5-6 minutes. Stir in pimentos and chilies. Sprinkle with flour. Gradually stir in milk and stir until mixture thickens. Gradually stir this mixture into eggs. Add bacon, salt and pepper to taste.

Pour into an 8-inch, square baking dish. Sprinkle with cheese. Place dish in larger pan and fill pan with water halfway up the sides. Bake in a 325° oven for 40-45 minutes, until set.

Mrs. Clyde Bell

CORN CHOWDER

2 c. cream-style or fresh corn
1/4 c. corn meal
2 eggs
1 c. condensed milk
1 stick butter
salt and pepper
2 tsp. sugar

Mix all ingredients and bake 1 hour in a buttered dish in a 300° oven.

Jo Abel

INDIAN CORN STEW

2 Tbsp. butter
1 medium onion, chopped
1/3 c. chopped green pepper
1 lb. hamburger meat
2-3 c. frozen cream-style corn
1 can tomato soup
2 tsp. sugar
1 1/2 tsp. salt
1 Tbsp. Worcestershire sauce

Cook onion and pepper in melted butter until soft. Add meat and brown. Add remaining ingredients and cook for 1 hour.

Barbara Beard

MEXICAN CORN

2 cans cream-style corn
2 small cans sliced green chilies
3/4 c. corn meal
1/2 tsp. garlic salt
3/4 c. Wesson oil
1 tsp. baking powder
4 eggs
1 lb. grated cheese

Beat eggs; add oil and corn. Mix dry ingredients together and add to first mixture. Bake in a 9 x 13-inch, greased baking dish at 350° for 45 minutes. Serves 8-10 people.

Atma Cook

SOUR CREAM CORN

1 large can tender whole kernel corn
1 small tub sour cream (cold)

Add sour cream to corn. It's ready to serve.

Frank Bane

TAMALE CORN CASSEROLE

1 can tamales
1 can Shoe Peg corn, drained
1 c. grated cheese
1/2 c. chili
chopped onion
garlic salt to taste

Put tamales in baking dish and mash with a fork. Mix other ingredients and pour over tamales. Bake 40 minutes in a 400° oven. Remove from oven and top with cheese. Serve.

Dorothy Fisher

BAKED CARROT SQUARES

1 c. sifted flour (all purpose)
1 tsp. baking powder
1/4 tsp. cinnamon
1/8 tsp. nutmeg
1/8 tsp. salt
6 packets Sweet 'N Low
1/2 tsp. baking soda
1 packet Butter Buds made into liquid
1 egg, beaten
1 c. grated carrots
1 c. raisins

CAJUN RICE DRESSING
(Dirty Rice)

Meat Sauce:

5 lb. ground chuck
1 lb. chicken livers, chopped
1 lb. hot Owen's sausage
red cayenne pepper*
salt*
pepper*

Add all above ingredients to large pot; cook on low to medium heat for 1 1/2-2 hours, or until done, stirring frequently. Drain grease when done.
*Season to taste.

2 onions
2 bell peppers
1 bunch celery

Chop vegetables and add to fully-cooked Meat Sauce and simmer for 45 minutes to 1 hour, stirring frequently. Thirty minutes before adding rice to Meat Sauce, add 1 bunch chopped green onions. Add above mixture to 10 cups cooked rice; mix thoroughly. Serves 12-15.

SPANISH-STYLE RICE

2 (8 oz.) cans tomato sauce
1/2 c. water
1/2 c. finely-chopped onion
1/3 c. diced green pepper
1/4 c. butter
1 tsp. salt
1 tsp. sugar
dash of pepper
1/2 tsp. prepared mustard
1 1/3 c. Minute rice

Combine tomato sauce, water, onion, green pepper, butter, salt, sugar, mustard and pepper in saucepan. Cover and bring to a full boil; stir in rice. Remove from heat. Cover and let stand for 5 minutes. Stir with a fork. Makes 3 1/2 cups or 4 servings.

Mrs. Homer (Wanda) Henderson

SQUASH FRITTERS

3 c. grated squash
1 beaten egg
3/4 c. milk
1 tsp. salt
1 tsp. sugar
3 Tbsp. oil
1 medium onion, chopped
hot or sweet peppers to taste

Mix together in a large mixing bowl. Drop by spoonful into hot shortening. Fry until brown.

Becky Montrose

SQUASH SOUFFLE

2 lb. yellow squash, sliced
1/4 c. butter, melted
1/2 c. onion, chopped
2 tsp. celery seed
2 oz. chopped pimentos
1 1/2 c. cheese, grated
2 eggs, beaten

Boil squash in salted water; drain and mash. Melt butter in skillet; add onion and cook until tender. Pour onion into squash; add celery seed, pimentos, cheese and eggs. Mix.

Bake at 350° for 30 minutes. Top with the following (optional):

1/2 c. bread crumbs
1/2 c. cheese

Microwave for 6 minutes on high, without topping. It can be added and browned under a broiler. Serves 6-8.

Carol Boyce

ZUCCHINI SQUASH DISH

2 lb. squash
1 c. butter
1 large onion
1 box cheese croutons
8 oz. sour cream
1 can cream of chicken soup
1 small jar pimentos
parsley
seasoning

Cut up squash and onion; boil until tender. Pour off liquid and let cool. Mix in sour cream, chicken soup and pimentos. Melt butter and pour over croutons.

Let set. Put 1/2 of the croutons in a baking dish. Pour in squash mixture. Put remaining croutons on top. Bake at 350° until brown.

Rhonda Tunstill

** EXTRA RECIPES **

** EXTRA RECIPES **

Breads, Rolls, Pies & Pastry

Baking Tips

COMMON PROBLEMS [Common Failures]	CAUSES OF PROBLEMS [Causes of Failures]
Biscuits	
Rough biscuits	Insufficient mixing
Dry biscuits	Baking in to slow an oven and handling too much
Uneven browning	Cooking in dark surface pan, too high a temperature and rolling the dough too thin
Breads (yeast)	
Porous bread	Over-rising or cooking at too low a temperature
Crust is dark and blisters just under the crust	Under-rising
Bread does not rise	Over-kneading or using old yeast
Bread is streaked	Under-kneading and not kneading evenly
Bread bakes unevenly	Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature
Cakes	
Cracks and uneven surface	Too much flour, too hot an oven and sometimes from cold oven start
Dry cakes	Too much flour, too little shortening too much baking powder or cooking at too low a temperature
Heavy cakes	Too much sugar or baking too short a period
Sticky crust	Too much sugar
Coarse grained cake	Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature
Fallen cakes	Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder
Uneven color	Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans
Uneven browning	Not mixing well
Cookies	
Uneven browning	Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven
Soggy Cookies	Cooling cookies in pans instead of racks
Excessive spreading of cookies	Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature
Muffins	
Coarse texture	Insufficient stirring and cooking at too low a temperature
Tunnels in muffins, peaks in center and soggy texture	Overmixing
Pies	
Pastry crumbles	Over-mixing flour and shortening
Pastry tough	Using too much water and over-mixing the dough
Pies do not brown (fruit or custard)	Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

Copyright © 1978 Fundcraft Publishing, Inc.

BEER BREAD

3 1/2 c. Bisquick baking mix
1 can beer
4 Tbsp. white sugar

Mix well. Preheat oven to 350°. Spray Pam or use cooking oil in muffin pan. Fill muffin pan 1/2 full. Cook in the oven until brown. Makes 18 biscuits. They will keep in the refrigerator for a day in a plastic bag.

Frank Bane

BUTTERMILK ICEBOX ROLLS

1 pkg. dry yeast
1/4 c. sugar
1/2 c. warm water
1/2 c. melted shortening
1 tsp. salt
1 Tbsp. plus 1 tsp. baking powder
1/2 tsp. soda
4 1/2 c. flour
2 c. buttermilk

Put yeast in 1/2 cup warm water; let stand for 5 minutes. Mix dry ingredients; add shortening, buttermilk and yeast. Mix all together. Turn out on floured board and knead lightly. Put in a greased, large bowl and turn. Put in refrigerator. This keeps about 1 week.

Alma Evans

BANANA NUT BREAD

3 ripe bananas
1 c. nuts
1 c. sugar
2 eggs
2 c. flour
1/2 tsp. soda
1/2 c. margarine
pinch of salt

Mix all ingredients together. Bake in a loaf pan at 350° for about 1 hour.

Bernice Ruff

APPLESAUCE - NUT BREAD

1 beaten egg
1 c. applesauce
2 Tbsp. melted margarine
2 c. flour
3/4 c. sugar
3 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. soda
1 tsp. salt
3/4 c. chopped nuts

Mix egg, margarine and applesauce. Sift flour, sugar, cinnamon, baking powder, soda and salt together. Add to egg mixture and mix well. Pour into greased loaf pan and bake at 350° for 45 minutes.

Barbara Beard

CARAMEL NUT ROLLS

1/2 stick margarine
1 c. brown sugar
1 tsp. cinnamon
1-2 c. chopped nuts
1 can biscuits

Melt margarine in a 9-inch, round cake pan. Mix brown sugar, cinnamon and nuts. Put over melted margarine. Add the biscuits and bake until done. Let set awhile then turn out on dish.

Mary Jo Tunstill

PUMPKIN NUT BREAD

1 c. butter, softened
3 c. sugar
3 eggs
1 tsp. vanilla
1 (16 oz.) can solid pumpkin
3 c. sifted flour
1/2 tsp. salt
1 tsp. baking powder
1 c. chopped walnuts
1 1/2 tsp. cinnamon
1 tsp. cloves
1/2 tsp. nutmeg
1 c. dark raisins

Preheat oven to 350°. Cream butter and add sugar; beat in eggs and vanilla. Add pumpkin; mix. Sift together the flour, salt, soda, baking powder and spices. Blend with pumpkin mixture. Add nuts and raisins.

Use two greased and floured, 9 x 5 x 3-inch loaf pans. Bake 60-65 minutes. Wrap and store overnight before slicing.

Ravenna Waldrip

CORN DODGERS

2 c. corn meal
3 Tbsp. butter
1 1/2 tsp. salt
2 c. boiling water

Heat oven to 425°. Mix together the corn meal and salt in a bowl; add butter and boiling water. (Be sure it's boiling.) Stir rapidly until well blended. Drop by a tablespoon onto hot, greased cookie sheets. Bake in a preheated oven for about 30 minutes or until edges are golden brown. These go great with soup or beans.

Nelda Stricklen

GOLDEN CORN BREAD

1 c. yellow corn meal
1 c. all-purpose flour
1/4 c. sugar
4 tsp. baking powder
1/4 tsp. salt
1 c. milk
1 egg
1/4 c. vegetable shortening

Mix all ingredients together. Bake in a greased, 8-inch, square baking pan for 20-25 minutes at 425°.

Janice Shackelford

MEXICAN CORN BREAD

1 c. yellow corn meal
1/2 tsp. salt
2 eggs
1 small can green chili peppers
1 jar pimientos
1/2 tsp. soda
2/3 c. buttermilk
1/4 c. bacon drippings
1 large can cream-style corn
1 c. grated cheese

Mix all ingredients together and pour into a large, greased hot iron skillet. Bake 45 minutes at 350°.

Janice Shackelford

SOURDOUGH BISCUITS

1 pkg. yeast
2 c. buttermilk
1/4 c. sugar
2 tsp. salt
6 c. flour
1 c. warm water
3/4 c. oil
4 tsp. baking powder
1/4 tsp. soda

Dissolve yeast in warm water. Combine all ingredients. Place dough in covered bowl in the refrigerator. No need to let rise before baking. Take out the amount you will need and knead dough as for regular biscuits. Cut out and bake at 450°, until done. Return unused dough to refrigerator.

Roland Richie

ANGEL ROLLS OR BISCUITS

1/2 c. warm water
5 c. flour
1/2 c. oil
2 c. buttermilk
1 tsp. soda
3 tsp. baking powder
3 Tbsp. sugar
1 tsp. salt
2 Tbsp. yeast

Dissolve yeast in warm water; mix well. Put in a bowl and cover with tight lid. Roll out on floured board and cut out for biscuits. Or place in the refrigerator and use as needed. You can make rolls. Bake at 375° until lightly browned.

Bernice Ruff

EASIEST YEAST ROLLS

2 pkg. dry yeast
2 c. warm water
1/2 c. sugar
1/4 c. soft shortening
1 egg
6-7 c. flour

Dissolve yeast in water and stir in sugar, salt, shortening and egg. Mix in flour (by hand is best) and cover with a damp cloth. Put in the refrigerator and leave at least 1 hour. (It can be left overnight.) Shape into rolls, place in greased baking pan and let rise for 2 hours. Bake at 400°.

Sherrill Howell

QUICK YEAST ROLLS

1 1/4 c. water
1/4 c. shortening
3 Tbsp. sugar
1 tsp. salt
1 pkg. dry yeast
1 egg, beaten
3 1/2 c. all-purpose flour

Combine water, shortening, sugar and salt in a small saucepan. Cook, stirring constantly, until shortening melts. Let cool to lukewarm (105°-115°). Dissolve yeast in mixture. Add egg; mix well. Stir in flour.

Spoon dough into greased muffin pans, filling 1/2 full. Cover and let rise in a warm place (85°), free from draft, for 1 hour or until doubled in bulk. Bake at 425° for 12-14 minutes or golden brown. Makes 15 rolls.

Billie Gillen

EGG WHITE TOPPING FOR PIES

1 Tbsp. cornstarch
3 Tbsp. sugar
1/2 c. water
3 egg whites
1/4 tsp. cream of tartar

Cook the cornstarch, sugar and water until thick; cool. Beat the egg whites and cream of tartar to a peak. Then add cooled mixture to egg whites, a tablespoon at a time. Cover pie and brown in the oven the same as other egg white toppings (350° for 12-15 minutes).

Genelle Martin

FRIED PIE CRUST

4 c. flour
3 egg yolks
1/2 c. canned milk
2 sticks oleo
1/2 tsp. salt
1/2 c. hot water

Mix flour, salt and oleo; mix well. Put milk and egg yolks in a jar and shake until well blended. Add hot water and mix again. Pour all at once over the flour mixture, stirring all the time until it is all mixed really well. Roll in desired size balls for frying pies. It can be stored in the icebox in a covered container for several days.

Burtis Cleveland

PIE CRUST FOR FRUIT PIE

4 c. flour
1 tsp. salt
1 1/2 c. Crisco
1 c. buttermilk

Mix the first three ingredients; add buttermilk. Beat 2 egg whites until stiff; mix with other ingredients. Let set in the refrigerator for several days, covered tightly. Take out as you need it to make fried pies.

Lavada Howell Sweat

PIE CRUST

3 c. plain flour
1 1/2 c. Crisco (solid)
1 tsp. salt
1 egg, well beaten
5 Tbsp. water
1 Tbsp. vinegar

Cut shortening into the flour and salt. Combine vinegar, water and beaten egg. Pour liquid into flour; mix all at one time. Makes three 9-inch crusts.

Dorothy Dent

PIE CRUST

3 c. flour
1 c. Crisco
1/2 c. ice water
1 egg
1 tsp. vinegar
1 tsp. salt

Cut Crisco into flour. Beat egg; add to water and vinegar and salt. Add to flour mixture; stir until dough forms a ball. Knead a few light strokes on a floured surface. Wrap in waxed paper. Refrigerate for 2 hours or longer. Roll out on floured surface and put in pie tins. This may be frozen, uncooked, or used at once. Makes three 8-inch or two 9-inch shells.

Victorene Gaines

PIE CRUST
(Makes 6)

1 lb. oleo
6 c. flour
16 Tbsp. water*

Mix oleo and flour with a fork until well blended. Add water (*do not use any more water than this) and stir until mixture will form a ball. Use very little flour to roll out. Divide in 6 portions and store in icebox or freeze. Thaw completely. Always have dough at

room temperature before using and baking. Bake according to filling directions.

Genelle Martin

BANANA SPLIT PIE

Crust:

2 1/2 c. graham cracker crumbs
1 stick margarine
1 c. sugar

Mix ingredients together and spread in pan. Bake 5 minutes at 350°.

16 oz. cream cheese
2 c. powdered sugar
4 ripe bananas
1 large can drained crushed pineapple
1 large tub Cool Whip
chopped nuts
maraschino cherries

Cream together the cream cheese and powdered sugar; spread in pie shell. Slice bananas over cheese mixture and top with the pineapple. Top with Cool Whip and garnish with nuts and cherries. Cover with plastic wrap and chill for about 2 hours.

Note: Use half this recipe for a 9-inch pie shell.

Janice Shackelford

BUTTERMILK PIE

3 egg yolks
1 1/2 c. sugar
1 1/2 c. buttermilk
2 Tbsp. flour
1 Tbsp. butter
1/2 tsp. lemon extract

Mix in order given and pour into an unbaked, 9-inch pie crust. Bake at 450° for 10 minutes, then reduce heat to 350° and continue baking for 40 minutes.

Kate Scott

OLD-TIME BUTTERMILK PIE

1 (9 inch) unbaked pie shell
1/2 c. butter
2 c. sugar
3 rounded Tbsp. flour
1 c. buttermilk
1 tsp. vanilla
3 eggs, beaten

Have butter soft; add sugar and cream together well. Add flour and eggs; beat well. Stir in buttermilk and vanilla. Pour into unbaked pie shell. Bake for 45-50 minutes at 350°. Place on wire rack to cool completely before serving.

Atma Cook

EASY COCONUT PIE

3 eggs, beaten
1 1/2 c. sugar
1 Tbsp. vinegar
1 stick melted butter
1 small can coconut
1 Tbsp. vanilla
1 (9 inch) unbaked pie shell

Beat eggs; add sugar, vinegar, vanilla, melted butter and coconut. Pour into unbaked pie shell and bake at 300° for 1 hour.

Shirley Woodrum

FRENCH COCONUT PIE

1 stick oleo, melted
1 1/4 c. sugar
3 eggs
1 tsp. vinegar
1 c. coconut
1 (9 inch) unbaked pie shell

Mix the first five ingredients well. Pour into unbaked pie shell. Bake 1 hour at 350°.

Victorene Gaines

CHOCOLATE PIE

1 c. sugar
2 Tbsp. cocoa
1 Tbsp. flour
1 tsp. vanilla
3 eggs, separated
1 tsp. butter
1 c. milk

Combine egg yolks and other ingredients; cook until thick, stirring constantly. Pour into baked pie shell and top with meringue.

Meringue:

3 egg whites
1/4 tsp. cream of tartar
6 Tbsp. sugar
1/2 tsp. vanilla

Beat egg whites with vanilla and cream of tartar until soft peaks form. Add sugar gradually until soft peaks form. Completely cover filling. Bake at 350° for 12-15 minutes.

Debra Rodgers

CHOCOLATE CHEESE PIE

1 (6 oz.) pkg. semi-sweet chocolate
1 (8 oz.) pkg. cream cheese, softened
3/4 c. brown sugar
1/8 tsp. salt
1 tsp. vanilla
2 eggs, separated
1 c. whipping cream
graham cracker crust

Melt chocolate over hot water; cool 10 minutes. Blend cream cheese, 1/2 cup sugar and vanilla; beat in egg yolks, one at a time. Beat in chocolate. Beat egg whites until stiff and gradually add 1/4 cup sugar. Fold in chocolate mixture. Beat whipping cream and fold in. Pour into pie crust. Chill until set (overnight).

Barbara Beard

CHOCOLATE CHIP PIE

2 eggs
1 stick oleo
1 c. sugar
1 c. chocolate chips
1 c. pecans
1/3 c. flour
1 (9 inch) pie shell

Melt oleo; add sugar and beat. Add eggs; beat until light and foamy. In another bowl, add chocolate chips, pecans and flour; mix well. Add to egg mixture. Stir to blend. Pour into unbaked pie shell and bake at 350° for 30-35 minutes or until firm in center.

Victorene Gaines

DAIGO'S CHOCOLATE PIE

3/4 c. sugar
5 Tbsp. flour
3 Tbsp. cocoa
1 1/2 c. milk
1 large can evaporated milk
1/2 stick butter
1 tsp. vanilla

Mix sugar, flour, cocoa, milk and evaporated milk in a saucepan. Bring to a boil for about 1 minute. Remove from fire and add butter and vanilla. Let cool. Pour into baked, 9-inch pie shell. Top, when cool, with egg white icing or Cool Whip. Refrigerate 2 hours.

Daigo Bickham

EGG CUSTARD PIE

4 eggs, beaten lightly
3/4 c. sugar
1/4 tsp. salt
2 1/2 c. milk, scalded
vanilla

Put all together in pie crust. Sprinkle a little nutmeg on top. Bake in a 475° oven for 5 minutes (425° for 10 minutes).

Debra Rodgers

EASY HAWAIIAN PIE

1 can Eagle Brand milk
1/2 c. lemon juice
bananas
graham cracker crust
1 small can crushed pineapple
Dream Whip

Mix above ingredients well. Put a thin layer of sliced bananas in the graham cracker crust. Put filling mixture over bananas, then the drained pineapple. Top this with Dream Whip.

Optional: Add coconut, pecans and cherries.

Dorothy Fisher

HERSHEY'S BAR PIE

6 small Hershey's almond bars
16 marshmallows
1/2 c. milk
1 c. whipping cream

Melt above ingredients, except whipping cream, in a double boiler; cool thoroughly. Beat whipping cream until stiff. Fold into prepared graham cracker (or pastry) crust. Place in refrigerator until serving time.

Jo Abel

OATMEAL PIE

2/3 c. butter or margarine
2/3 c. sugar
2/3 c. white corn syrup
2/3 c. uncooked oatmeal
1 Tbsp. brown sugar
2 eggs, well beaten
1 tsp. vanilla
1 (9 inch) pastry shell, unbaked

Melt butter or margarine; add remaining ingredients and mix well. Pour into pastry shell. Bake at 350° for 1 hour.

Mrs. Homer (Wanda) Henderson

BUTTERSCOTCH PECAN PIE

3 eggs
1 c. light corn syrup
1/8 tsp. salt
1 tsp. vanilla extract
1 c. light brown sugar, packed
2 Tbsp. butter or margarine, melted
1 c. pecan or walnut halves
1 (9 inch) unbaked pie shell
whipped cream

Preheat oven to 400°. In a medium bowl, beat eggs slightly. Add corn syrup, salt, vanilla, brown sugar and butter; mix well. Stir in nuts. Pour into unbaked pie shell.

Bake 30 minutes or until outer edge of filling seems set. Let cool completely on wire rack. Just before serving, decorate around edge with rosettes of whipped cream. Makes 8 servings.

Ruth Homan

COCONUT PECAN PIE

3 eggs
1 tsp. vanilla
2 tsp. lemon juice
1 1/2 c. sugar
1 stick margarine, melted
1 1/3 c. coconut
1/2 c. pecans, chopped
unbaked pie shell

Combine the first five ingredients in a bowl; stir in the coconut and pecans. Pour into pie shell and bake at 350° for 45-50 minutes.

Donna Richardson

PECAN PIE

2 Tbsp. flour
2/3 c. sugar
2 eggs
2 Tbsp. margarine
1 c. white Karo syrup
1 tsp. vanilla
1 c. pecans

Mix well. Pour into an uncooked pie shell and cook pie shell and filling in a 300° oven until firm, about 1 hour.

Kate Scott

LOIS' PECAN PIE

1/2 c. sugar
1 Tbsp. flour
1/2 tsp. cinnamon
3 medium or 2 large eggs, beaten
1 c. Karo syrup
3 Tbsp. melted margarine
1 tsp. vanilla
1 1/2 c. pecans (can be broken in pieces or left whole)

Combine dry ingredients; add remaining ingredients and mix well. Pour into unbaked pie shell and bake about 1 hour at 350°.

Lois Reynolds

JAPANESE FRUIT PIE

1 stick oleo
1 c. sugar
1/2 c. raisins
1/2 c. pecans
1/2 c. coconut
2 eggs
1 Tbsp. vinegar

Mix together and pour into unbaked pie shell. Bake for 30-40 minutes in a 300° oven.

Elizabeth Costlow
Frankston, TX

OSGOOD PIE

2 c. sugar
1 stick oleo
1 c. raisins
1 c. pecans
6 egg whites

Beat egg whites until stiff; add all other ingredients and pour into an uncooked pie crust. Bake at 350° for 1 hour.

Bernice Ruff

PEANUT BUTTER PIE

1 c. corn syrup
1 c. sugar
1/2 tsp. vanilla
3 eggs, slightly beaten
1/3 c. creamy peanut butter
unbaked pie shell

Blend filling ingredients. Pour into unbaked pie shell. Bake at 400° for 15 minutes; reduce heat to 350° and bake for 30-35 minutes longer. Filling should appear slightly less set in center than around edge.

Nelda Stricklen

FLUFFY PEANUT BUTTER PIE

1 Chocolate Crunch Crust*
1 (8 oz.) pkg. cream cheese, softened
1 (14 oz.) can Eagle Brand milk
3/4 c. peanut butter
3 Tbsp. lemon juice
1 tsp. vanilla extract
1 (4 oz.) carton Cool Whip
1-2 tsp. chocolate syrup

In a large bowl, beat cheese until fluffy; beat in Eagle Brand and peanut butter until smooth. Stir in lemon juice and vanilla. Fold in whipped cream. Turn into crust. Drizzle syrup over top of pie. Gently swirl with spoon. Chill until set.

*Chocolate Crunch Crust:

1/3 c. butter
1 (6 oz.) pkg. chocolate chips
2 1/2 c. rice cereal

In a heavy saucepan over low heat, melt the butter and chocolate chips. Remove from heat. Gently stir in the oven-toasted rice cereal until coated. Press into bottom and up sides of greased, 9-inch pie plate. Chill 30 minutes.

Rhonda Tunstill

RITZ CRACKER PIE

20-24 Ritz crackers
1 c. pecans
3 egg whites, whipped
1 c. sugar
1 tsp. vanilla

Mix well. Pour into graham cracker crust and chill. Serve with whipped cream topping.

Billie Fagan

GLAZED STRAWBERRY PIE

1 c. mashed strawberries
1 c. whole strawberries
3/4 c. sugar
2 tsp. cornstarch
1/3 c. water
a few drops red food color
1 (9 inch) baked pie shell
whipping cream

To the mashed strawberries, add the sugar with cornstarch. Add food color. Cook over low heat, stirring continuously, until transparent. Cool slightly. Pour into cooked pie shell. Refrigerate until cold. Top with whipped cream.

Victorene Gaines

SOUR CREAM AND RAISIN PIE

1 1/2 c. sugar
2 egg yolks
2 1/2 Tbsp. flour
pinch of salt
1 c. sour cream
1 c. raisins, cooked
1 tsp. vanilla

Beat egg yolks; add sugar, flour and salt. Add sour cream, raisins and vanilla. Cook slowly until thick. Stir often. Pour into baked pie shell. Beat egg whites. Put on top and brown in the oven.

Janice Shackelford

VINEGAR PIE

1 c. sugar
2 eggs
2 Tbsp. vinegar
2 Tbsp. flour or cornstarch
1 c. water
a small lump butter or margarine
1/2 tsp. lemon extract

Combine sugar, eggs, vinegar, flour or cornstarch, and water in a double boiler; cook until thick and smooth, stirring occasionally. Just before removing from heat, stir in the butter and some lemon extract. Pour into baked pie shell. If desired, the pie may be topped with frosting or whipped cream.

Annettia Kennedy

VINEGAR CHESS PIE

1 1/2 c. sugar
1 stick oleo
3 eggs, beaten
2 Tbsp. vinegar
1 Tbsp. (heaping) corn meal
1 tsp. vanilla
1 (9 inch) pie shell

Melt oleo; add to sugar and beaten eggs. Add vinegar, corn meal and vanilla; mix well. Pour into pie shell and bake for 30 minutes in a 370° oven. Cool and serve.

Genelle Martin

RAW POTATO PANCAKES

3 Idaho potatoes
1 medium onion
2 eggs
2 Tbsp. flour
3/4 tsp. salt
dash of pepper
salad oil (for frying)

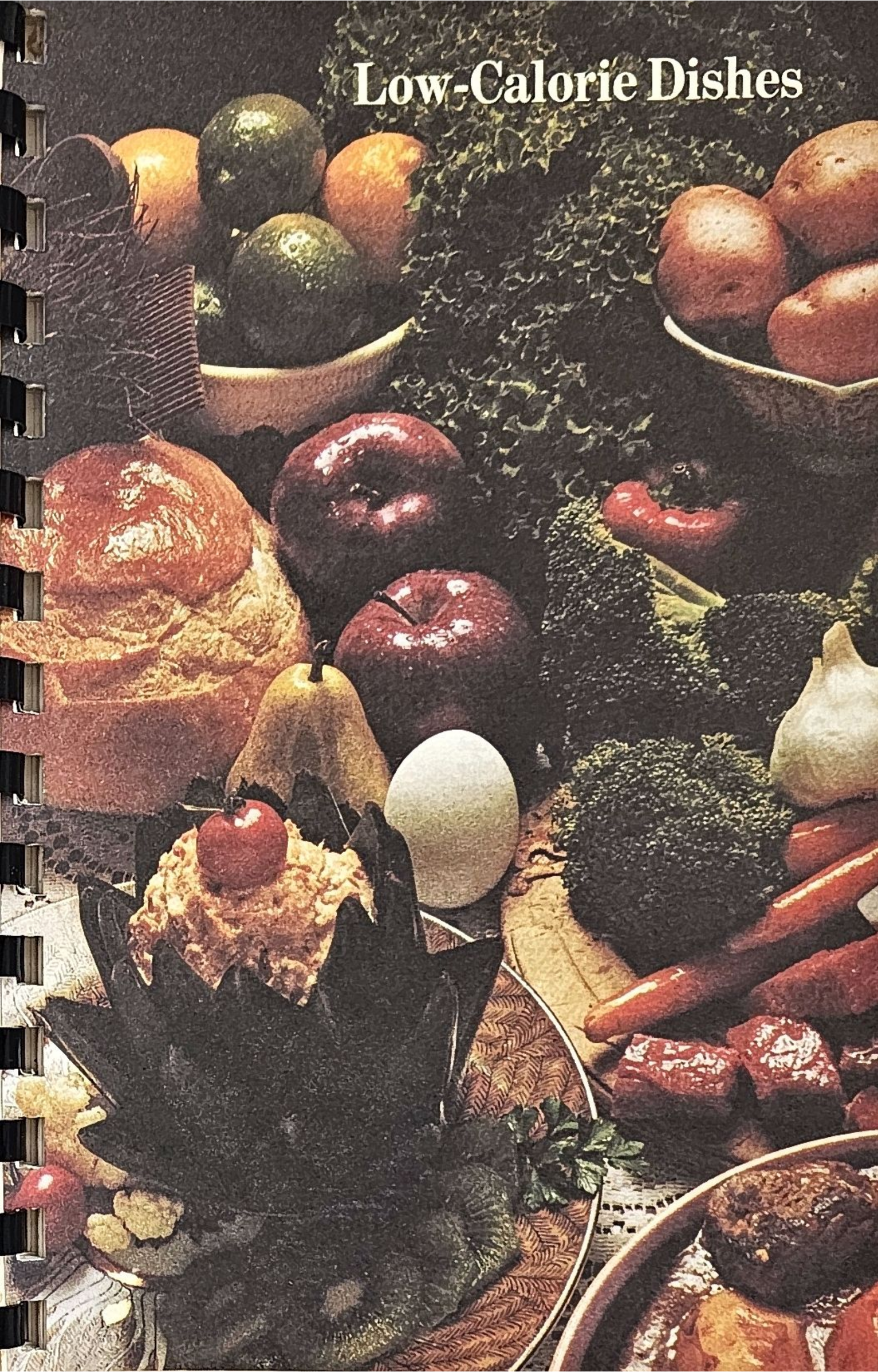
Wash and pare potatoes. Grate potatoes on coarse grater into large bowl filled with ice water. Let stand 15 minutes. Grate onion; measure 1/4 cup into medium bowl. Beat eggs; add grated onion, flour, salt and pepper. Mix well.

Drain potatoes, pat dry, and measure about 4 cups. Add to egg mixture.

Slowly heat oil in large, heavy skillet. Drop about 1/4 cup mixture for each pancake in skillet; fry for 2-3 minutes on each side. Drain well on paper towels.

Jo Ann Baxter

** EXTRA RECIPES **


Low-Calorie Dishes

Weights, Measures and Equivalents

EQUIVALENTS

Dash ..... less than 1/8 teaspoon
A few grains ..... less than 1/8 teaspoon
1 coffee spoon ..... ¼ teaspoon
3 teaspoons ..... 1 tablespoon
2 tablespoons ..... 1 liquid ounce
4 tablespoons ..... ¼ cup
5 tablespoons ..... ⅓ cup
1 ½ ounce ..... 1 jigger
½ jigger ..... 1 pony
16 tablespoons ..... 1 cup
1 cup ..... ½ pint
2 cups ..... 1 pint
2 pints ..... 1 quart
4 cups ..... 1 quart
4 quarts ..... 1 gallon
8 quarts ..... 1 peck
4 pecks ..... 1 bushel
16 ounces ..... 1 pound
1 pound ..... 454 grams
2 pounds, 2 ounces ..... 1 Kilogram (1000 grams)
1 cup baking powder ..... 5 ½ ounces
1 pound flour
all purpose ..... 4 cups
cake ..... 4 ½ cups
Graham ..... 3 ½ cups
1 pound butter ..... 2 cups
½ pound butter ..... 2 sticks
1 stick butter ..... ½ cup or 8 Tbsps.
¼ pound grated cheese ..... 1 cup
1 pound cheese ..... 2 ⅔ cups
1 pound brown sugar (1 box) ..... 2 ½ cups
1 pound confectioners (1 box) ..... 2 ½ cups
1 pound granulated sugar ..... 2 cups
1 pound cube sugar ..... 96-160 cubes
1 pound seeded raisins ..... 2 ½ cups
1 pound seedless raisins ..... 3 cups
1 pound coffee ..... 5 cups
yield 40-50 cups of coffee
1 pound rice ..... 2 cups
yield 3-4 cups cooked rice
1 pound cocoa ..... 4 cups
1 square chocolate ..... 1 ounce
or 3 tablespoons grated chocolate
½ pound
marshamllows ..... 16 marshmallows
1 pound crab meat ..... 2 cups
1 pound pitted dates ..... 2 cups
1 pound figs (chopped) ..... 3 cups

EQUIVALENTS

1 pound nut meats (chopped) ..... 4 cups
1 cup noodles ..... 1 ½ cups when cooked
1 egg ..... ¼ cup
5 eggs ..... 1 cup
9 eggs ..... 1 pound
7-9 egg whites ..... 1 cup
12-14 egg yolks ..... 1 cup
1 lemon, ave. size ..... 3 tablespoons juice
5-8 medium lemons ..... 1 cup
1 lemon rind ..... 1 tablespoon, grated
1 orange ..... 2-3 tablespoons juice
3-4 medium oranges ..... 1 cup juice
1 orange rind ..... 2 tablespoons, grated
4 medium tomatoes ..... 1 pound
3 large bananas (skin on) ..... 1 pound
2 quarts apples ..... 3 pounds
4 medium potatoes ..... 1 pound
1 pound peas, in pod .. 1 cup when shelled
23 soda crackers ..... 1 cup crumbs
15 graham crackers ..... 1 cup crumbs
1 pound cornmeal ..... 3 cups
1 pound cornstarch ..... 3 cups

A MINERAL PRIMER

Mineral	Use	Best Sources
Iron	For healthy red blood cells.	Dried Fruits, liver, lean peas or beans, green vegetables, molasses, eggs.
Calcium	For strong bones and teeth	Cheese, milk, leafy greens
Phosphorus	For development of healthy bones and teeth.	Cereals, cheese, eggs, milk, meat, fish, dried peas or beans.

Copyright © 1978 Fundcraft Publishing, Inc.

LOW CALORIE DISHES

EGGPLANT DRESSING

1 c. cooked eggplant
1 chicken bouillon cube
1 rib celery, chopped
1 Tbsp. chopped onion
1 Tbsp. chopped pepper
1 c. liquid from eggplant
salt and pepper to taste
1/8 tsp. poultry seasoning
2 (or more) tsp. corn meal
cheese, grated

Cook eggplant in enough water to cover until tender. Add bouillon cube and dissolve. Add celery, onion, pepper, salt, pepper and poultry seasoning. Return to boiling. Add corn meal, stirring continuously until thick. Pour into greased baking dish; top with grated cheese. Bake 25 minutes at 375°.

Victorene Gaines

BRAISED SWISS STEAK

2 lb. round steak, cut 1-inch thick
2 Tbsp. packaged dry bread crumbs
2 tsp. salt
1/4 tsp. pepper
1 Tbsp. butter or margarine, melted
1 (8 oz.) can stewed tomatoes
2 medium onions, thinly sliced
1/4 c. chopped celery
1 clove garlic, crushed
1 Tbsp. Worcestershire sauce

Wipe steak with damp paper towels. Combine bread crumbs, salt and pepper. Place steak on wooden board and sprinkle with half of crumb mixture; pound into steak with wooden mallet or rim of heavy saucer. Repeat on other side. Cut steak in 6 servings.

Melt butter in large Dutch oven; add steak and brown on both sides over medium heat. Add tomatoes, onions, celery, garlic and Worcestershire sauce. Bring to boiling. Reduce heat; simmer, covered, for 2 hours or until meat is tender. Makes 6 servings with 250 calories each.

Ruth Homan

GREEN ANGEL

1 pkg. white angel food cake mix
1 can sugar-free lemon-lime carbonated beverage
4 drops green food coloring

Prepare angel food cake mix as directed, except substitute carbonated beverages and food coloring for the cold water. Makes 16 servings with less than 115 calories per serving.

Debra Rodgers

LOW CALORIE SPONGE CAKE

1/2 c. nonfat dry milk
1 c. all-purpose flour
1 1/2 tsp. baking powder
dash of salt
3 eggs
3/4 c. sugar
2 tsp. grated lemon rind

In saucepan, heat milk to bubbly hot. Set aside. Preheat oven to 350°. Sift flour and baking powder; set aside. Beat eggs until thick; add sugar, beating until smooth and well blended. At low speed, blend in flour mixture until smooth. Add warm milk and lemon peel until combined.

Pour into an ungreased, 9-inch angel food cake pan. Bake 30 minutes or until tester inserted in center comes out clean. Let cool. Serve plain. Makes 10 servings with 90 calories each.

Dorothy Fisher

DIABETIC CAKE

1 stick oleo
1 egg
1 Tbsp. plus 1 tsp. liquid sweetener
1 tsp. vanilla
1 1/2 c. unsweetened applesauce
1 c. chopped dates
1 c. chopped pecans
1 c. chopped prunes
1 banana (optional)

Mix all together, then sift the following:

2 c. flour
2 tsp. soda
1/2 tsp. cinnamon
1/4 tsp. cloves or allspice

Stir well into fruit mixture. Bake in a loaf or tube pan for 1 hour at 350°.

Helen Wedgeworth

OATMEAL DROPS

1 1/2 c. quick-cooking oats
1/2 c. sugar
3 Tbsp. butter, softened
1 tsp. vanilla
1/2 tsp. baking powder
1/2 tsp. ground cinnamon
1/4 tsp. salt
1 egg

Heat oven to 350°. Mix all ingredients. Drop dough by teaspoon 2 inches apart onto greased baking sheet. Bake until tops are dry and edges are light brown, 8-10 minutes. Cool slightly and remove from baking sheet. Makes 3 dozen cookies with less than 50 calories each.

Debra Rodgers

JUST DESSERTS

1 small box instant vanilla pudding
1 c. milk
1/2 tsp. almond extract
1 c. heavy cream
1 tsp. sugar substitute
2 (10 oz.) pkg. frozen strawberries (reserve 8 berries)

Prepare pudding according to directions, except use only 1 cup milk and add extract. Whip the cream with 1 teaspoon sugar substitute and fold into pudding. Puree frozen strawberries in blender. (Reserve 8 berries.) Fold pureed berries into pudding and cream, swirling to create bands of color.

Lightly spoon into eight parfait glasses. Top each with a whole berry to garnish. Serve. This has only 195 calories.

Elizabeth Gardenhire

LOW CALORIE CRAB SALAD

2 (7 oz.) cans King crabmeat, drained
1/2 c. low calorie mayonnaise
2 Tbsp. chopped parsley
2 Tbsp. snipped chives
1 tsp. Worcestershire sauce
1/2 tsp. lemon juice

1 c. diced, pared cucumbers
crisp lettuce cups
4 hard-cooked eggs, quartered

In medium bowl, combine mayonnaise, parsley, chives, Worcestershire sauce and lemon juice; mix well. Add crabmeat and cucumber; toss. Refrigerate, covered, until well chilled, about 1 hour.

To serve: Arrange lettuce cups on four serving plates. Fill with salad; garnish with egg. Makes 4 servings with 232 calories each.

Ruth Homan

MARINATED VEGETABLE SALAD

1 (9 oz.) pkg. frozen artichoke hearts
1 (8 oz.) bottle lo-cal Italian-style dressing
1 (1 lb.) can whole green beans, drained
1 (1 lb.) can small whole beets, drained
1 (15 oz.) can green asparagus, drained
1 (15 oz.) can white asparagus, drained
1 (12 oz.) can julienne carrots, drained
1 Tbsp. finely-chopped onion
1/2 tsp. dried basil leaves
1 large tomato
1 Tbsp. chopped parsley

Cook artichoke hearts as package directs; drain. Turn into bowl; toss with 3 tablespoons dressing. Cover; refrigerate for 4 hours.

Meanwhile in a large, shallow baking dish, arrange drained green beans, beets, asparagus and carrots in separate mounds. Sprinkle vegetables with onion and basil. Spoon remaining dressing over vegetables to coat well. Cover; refrigerate for 4 hours.

To serve: Slice tomatoes. Arrange slices attractively with other vegetables on large platter. Spoon over them any dressing remaining in dish. Sprinkle white asparagus with chopped parsley. Makes 8 servings with 85 calories each.

Ruth Homan

SUPPER SALAD BOWL

6 medium potatoes
1 medium onion
1 (8 oz.) bottle low calorie Italian-style salad dressing

1 (7 oz.) can tuna (in water)
1 (7 3/4 oz.) can salmon
1 Tbsp. chopped dill
iceberg lettuce, washed and chilled

Scrub potatoes; cook in salted water until tender. Drain and let cool slightly. Peel and cut in 1/4-inch slices. Peel onion; slice and separate into rings. Arrange potatoes and onion slices in baking dish. Add 3/4 cup dressing. Cover and refrigerate for 3 hours.

Meanwhile, drain tuna and salmon. Break in chunks and place in a bowl. Toss with remaining dressing. Cover and refrigerate.

To serve: In a shallow serving dish, arrange potatoes and onion in layers alternately with fish mixture. Sprinkle dill over top; garnish with lettuce. Makes 6 servings with 187 calories each.

Dorothy Fisher

LOW CALORIE PUNCH

1 pkg. Kool-Aid
1 1/2 c. Sugar Twin
1 (64 oz.) can unsweetened pineapple juice
1 qt. diet ginger ale

Serve chilled.

Kate Scott

LOW CALORIE FRUIT SALAD

2 apples
2-3 bananas
2 pkg. Equal low calorie sweetener
2 Tbsp. lemon juice

Cut up fruit in a bowl; add sweetener and lemon juice. Keep refrigerated. Lemon juice will help keep fruit from turning dark.

Kate Scott

GRAPEFRUIT - ORANGE ICE

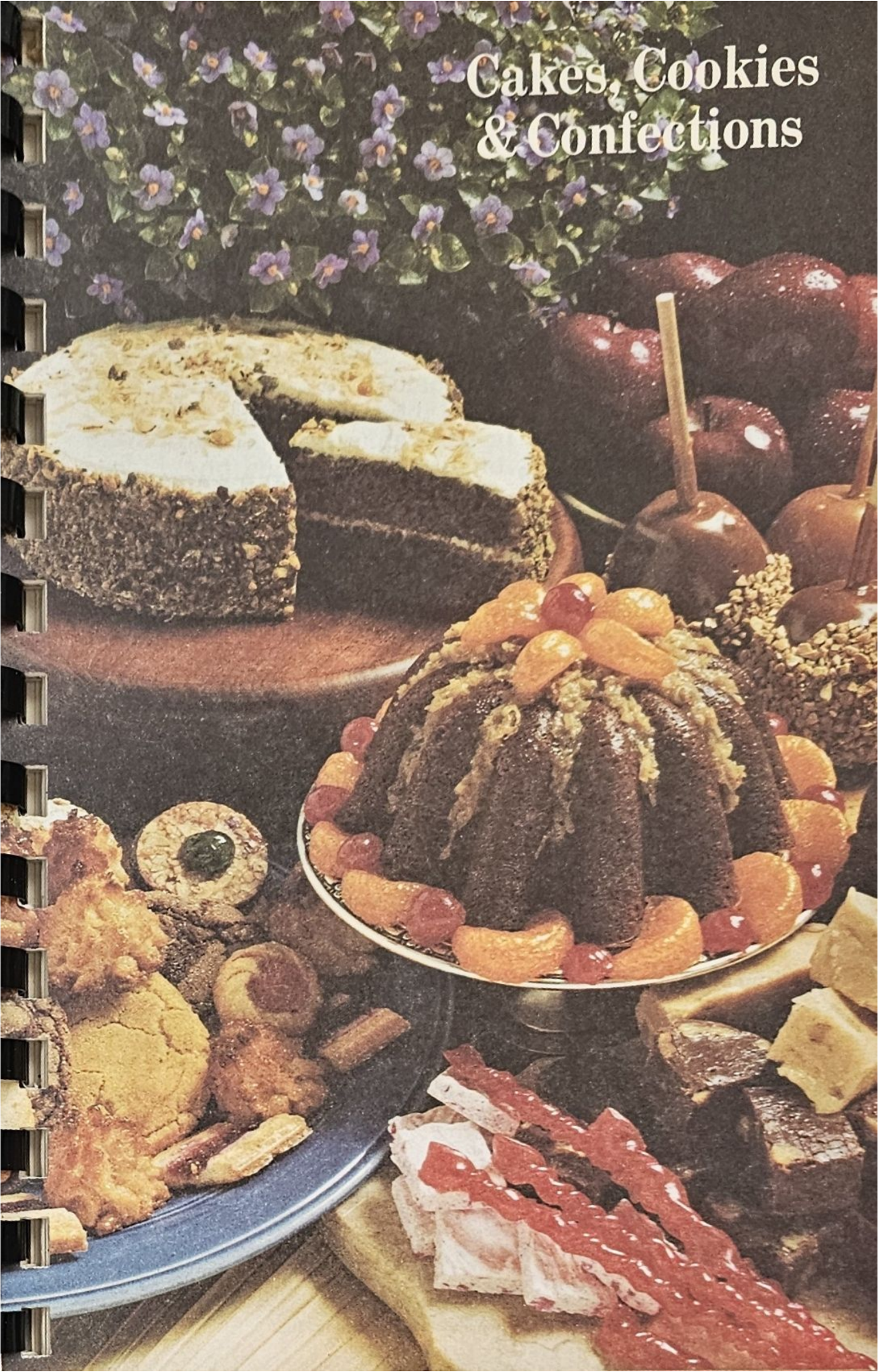
1 large orange
1 Tbsp. sugar
1 (1 lb.) can diet-pack grapefruit sections, undrained

Peel and section orange. In blender, combine orange, sugar and grapefruit sections. Blend at medium speed to form puree. Pour into ice cube tray. Freeze 2 hours, stirring about 4 times to make a smooth mixture.

To serve: Let stand at room temperature for 5 minutes to soften slightly. Spoon into 6 parfait glasses. Makes 6 servings with 45 calories each.

Ruth Homan

** EXTRA RECIPES **


Cakes, Cookies
& Confections

Candy Testing

Thermometer Test: Check candy thermometer in boiling water. If it doesn't register 212 degrees, add or subtract the same number of degrees in recipe. Always make sure candy thermometer is covered with liquid, not just foam. Clip it to the side of the pan after syrup boils.

Cold-Water Test: Remove candy from fire. Drop a little syrup into small bowl of very cold, but not ice cold, water. Use a fresh cupful of cold water for each test. Form into ball with fingers, if possible.

CANDY	DEGREES	STAGE	COLD WATER TEST
	230-234 degrees	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240 degrees	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water
Divinity, Caramels	244-248 degrees	Firm ball	Candy will roll into a firm ball but not hard ball which will not lose its shape upon removal from water.
Taffy	250-266 degrees	Hard ball	Syrup forms hard ball, although it is pliable
Butterscotch	270-290 degrees	Light Crack	Candy will form threads in water which will soften when removed from water
Peanut Brittle	300-310 degrees	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321 degrees	Caramelized	Sugar first melts, then becomes a golden brown and will form a hard, brittle ball in cold water

Copyright © 1978 Fundcraft Publishing, Inc.

ALL-HONEY CHOCOLATE CAKE

2 c. sifted cake flour
1 1/2 tsp. soda
1/2 tsp. salt
1/2 c. shortening
1 1/4 c. honey
2 eggs, unbeaten
3 sq. unsweetened chocolate, melted
2/3 c. water

Sift flour once; measure, add soda and salt, and sift together three times. Cream shortening; add honey gradually, by tablespoons at first, beating hard after each addition. Add 1/4 of the flour and beat until smooth. Add eggs, one at a time, beating after each. Add chocolate and blend. Add remaining flour in thirds alternately with water in halves, beating well after each addition.

Bake in two greased, 9-inch layer pans in a moderate oven (350°) for 1/2 hour.

Nelda Stricklen

APPLE CAKE

3 eggs
2 c. sugar
1 1/2 c. Wesson oil
1 tsp. soda
3 c. flour
3 c. apples, cut up
1 c. pecans

Mix all ingredients. Bake in a 300° oven for 1 hour.

Icing:

1 (8 oz.) pkg. cream cheese
1 stick butter
1 box powdered sugar
1 c. coconut
1 c. pecans

Add a small amount of milk if too thick.

Kate Scott

ANOTHER APPLE CAKE

2 c. sugar
1 1/2 c. vegetable oil
2 tsp. vanilla
2 eggs, beaten

juice of 1/2 lemon
1 tsp. salt
3 c. flour
1 1/2 tsp. soda

Mix flour and soda; add to liquids. Add the following:

3 c. chopped, peeled apples
1 1/2 c. chopped nuts (pecans)

Pour into buttered Bundt or angel food pan. Bake at 375° for 1 hour or until tester comes out clean.

Lemon Glaze:

1 c. sugar
1/2 c. lemon juice

Bring to a boil. Remove and pour over cake when cake is cold.

Thelma Bland

ENGLISH APPLE CAKE

1 c. cooking oil
2 c. sugar
2 eggs
3 c. flour
1 tsp. soda
1 tsp. salt
2 c. raw apples, diced
1 c. chopped nuts

Mix all ingredients together, stirring well. Bake in a greased and floured sheath cake pan for 40 minutes at 350°.

Note: Dough is very thick.

Genelle Martin

FRESH APPLE CAKE

2 eggs
2 c. sugar
1 1/2 c. cooking oil
1 tsp. vanilla
3 c. flour
1 1/2 tsp. soda
1 tsp. nutmeg
1 tsp. cinnamon
1/2 tsp. salt
3 c. fresh, diced apples
1 c. chopped pecans

Mix together the first four ingredients. In a separate bowl, sift dry ingredients. Stir the dry ingredients by hand into the first mixture. Add the

apples and pecans. Bake in a tube pan at 350° for 1 hour and 15 minutes.

Elizabeth Costlow
Frankston, TX

FRESH APPLE CAKE

1 c. Wesson oil
2 c. sugar
2 eggs, beaten
3 c. chopped apples
1 c. chopped pecans
2 c. sifted flour
1/2 tsp. salt
1 1/4 tsp. cinnamon
1 tsp. soda

Mix by hand; do not overmix. Combine oil, sugar and eggs; mix well. Add apples. Stir in dry ingredients and nuts. Bake in a greased and floured pan at 300° for 1 hour and 10 minutes.

Janice Shackelford

APRICOT DELIGHT CAKE

1 pkg. yellow cake mix
5 1/2 oz. apricot nectar
4 eggs
3/4 c. vegetable oil

Mix cake mix and apricot nectar in a large bowl, adding 1 egg at a time. Add vegetable oil and mix well. Bake in a tube pan at 350° for 35-40 minutes. Remove from pan and add frosting while cake's hot.

Frosting:

juice of 1 lemon
grated rind of 1 lemon
powdered sugar

Mix lemon juice and rind with enough powdered sugar to make a thick paste.

Thelma Bland

BETTER THAN SEX CAKE

1 box yellow cake mix, cooked in an oblong pan
1 (No. 303) can crushed pineapple
1 1/2 c. sugar
1 Tbsp. cornstarch
1 box instant vanilla pudding
Cool Whip

Cook cake according to directions. Cook pineapple, sugar and cornstarch until thickened. Punch holes in cake. Pour some of the pineapple mixture over hot cake.

Mix instant pudding according to directions and put over cake and pineapple. Add rest of pineapple mixture on top of cake, then finish with Cool Whip. Store in the refrigerator.

Mary Jo Tunstill

BETTER THAN SEX CAKE (ALMOST)

1 (18 oz.) box yellow cake mix
1/2 c. water
1/2 c. oil
1 small pkg. instant pudding
4 eggs
1 c. sour cream
4 oz. German's chocolate, grated
6 oz. chocolate chips

Mix all ingredients, except chips. When mixed, fold in chips. Bake in a greased Bundt pan for 55-60 minutes at 350°. Cool 20 minutes in pan. Invert onto cake plate.

Glaze:

1 (4 oz.) bar German's chocolate
1 Tbsp. shortening
1 c. powdered sugar
1/4 c. water
1/2 tsp. vanilla

Melt chocolate and shortening over double boiler; add sugar, water and vanilla. Pour over cake.

Carol Boyce

BUTTERSCOTCH COFFEE CAKE

1 pkg. frozen rolls
1 (4 serving size) pkg. butterscotch pudding and pie filling
1/2 c. brown sugar
1 stick oleo, melted
1 c. chopped nuts
1 pkg. dried fruit bits or fruit pieces

Place frozen rolls in a Bundt pan. Sprinkle pudding mix and brown sugar as you layer the rolls. Also, add nuts and fruit pieces. Pour melted oleo over

Cake: Melt oleo; mix in cocoa. Cool. Pour in bowl containing eggs, flour, sugar and salt; mix well. Add nuts. Bake in a sheath pan at 350° for 1 hour and 20 minutes.

While still hot, arrange 1 package miniature marshmallows on top. Return to the oven and melt, about 3 minutes.

Frosting: Bring oleo, cocoa and milk to a boil; add powdered sugar, vanilla and nuts.

Billie Fagan

GREEK SPICE CAKE

1 c. white sugar
1 c. brown sugar
1 c. Wesson oil
3 eggs
2 c. flour
1 1/3 c. buttermilk
1 level tsp. baking powder
1 level tsp. soda
1 level tsp. salt
1 tsp. almond extract
1 full tsp cinnamon
1 full tsp. cloves
1 full tsp. nutmeg
1 c. chopped nuts

Mix well. Bake in a tube pan or Bundt pan for 45 minutes at 350°.

Icing:

1 box powdered sugar (or about 1 box)
3 oz. cream cheese
2 Tbsp. butter
1 Tbsp. water

Mix well. Drizzle or spread over top of cake.

Fay Warrington
Palestine, TX

HOT FUDGE SUNDAE CAKE

1 c. flour
3/4 c. sugar
2 Tbsp. cocoa
2 tsp. baking powder
1/4 tsp. salt
1/2 c. milk
2 Tbsp. salad oil
1 tsp. vanilla
1 c. chopped nuts
1 c. brown sugar
1/4 c. cocoa
1 1/3 c. hottest tap water
favorite ice cream

Heat oven to 350°. In an ungreased, square pan, 9 x 9 x 2 inches, stir together the flour, sugar, cocoa, baking powder and salt. Mix in milk, oil and vanilla with a fork until smooth. Stir in nuts. Spread evenly in pan. Sprinkle with brown sugar and 1/4 cup cocoa. Pour hot water over batter.

Bake 40 minutes. Let stand 15 minutes. Spoon into dessert dishes, or cut in squares. Top with ice cream and spoon sauce over each serving.

Debra Rodgers

HOT WATER CHOCOLATE CAKE

1 c. sugar
1 1/2 c. boiling water
1 1/2 c. flour
2 Tbsp. shortening
2 eggs
1 tsp. baking soda
1 tsp. baking powder
5 Tbsp. cocoa
1 tsp. vanilla
dash of salt

Mix all ingredients well and quickly in large bowl. (Batter will be thin.) Pour into greased, 9 x 13-inch pan. Bake at 350° for 30 minutes.

Sherrill Howell

ITALIAN CREAM COCONUT CAKE

1 c. buttermilk
1 tsp. soda
2 c. sugar
1 stick oleo
1 c. chopped pecans
1/2 c. Crisco
5 eggs, separated
2 c. flour
1 tsp. vanilla
1 c. coconut

Beat egg whites; set aside. Combine buttermilk and soda; let stand. Cream sugar, Crisco and margarine; add egg yolks and beat well. Add buttermilk and flour alternately. (I add a dash of salt.) Fold in beaten egg whites. Add pecans, coconut and vanilla.

Bake in three layers at 350° for about 25 minutes. Let cool before icing.

Icing:

1 (8 oz.) pkg. cream cheese
1 stick margarine
1 lb. powdered sugar
1 tsp. vanilla

Cream the cheese and margarine; add sugar and vanilla. You may sprinkle the icing with coconut.

Billie Gillen

JEW CAKE

1 1/2 c. sugar
1 1/2 sticks oleo
3 eggs
1 1/2 c. sour cream
3 c. flour
3 tsp. baking powder
1 1/2 tsp. soda
1 1/2 c. milk
1 1/2 tsp. vanilla
1 tsp. lemon juice

Nut Mixture:

3/4 c. nuts
1/2 c. brown sugar
2 1/2 tsp. cinnamon

Combine sugar, oleo and eggs; beat well. Add sour cream; cream well. Stir together the flour, baking powder and soda; add to creamed mixture alternately with milk, vanilla and lemon juice.

Pour 1/2 of the batter into a large-sized pan. Spread with 1/2 of the Nut Mixture and sprinkle with oleo. Add rest of batter. Cover with rest of Nut Mixture. Bake at 350° for 45 minutes.

Nelda Stricklen

MATHILDA'S ONE-PAN CAKE

1 box yellow cake mix
2 eggs
water
1 large pkg. strawberry jello
1 large pkg. vanilla instant pudding
1 (8 oz.) carton whipped topping

Grease generously a long sheet cake pan. Preheat oven at 350°. Prepare cake mix according to package directions, adding 2 eggs and water. Bake for 40 minutes. Remove from oven and prick cake with fork all over to make small holes.

Mix jello with 2 cups hot water and pour over cake to saturate. Allow the cake to cool. Prepare pudding according to drections and spread over cake. Top with whipped topping. Keep in the refrigerator.

Rhonda Tunstill

MISSISSIPPI MUD CAKE

2 sticks margarine
2 c. sugar
4 eggs
1 1/2 c. flour
2 Tbsp. cocoa
1 tsp. vanilla
1 1/2 c. chopped pecans
1 c. coconut

Mix as for any cake. Bake in an 11 x 13-inch pan for 30 minutes at 350°. While cake is hot, spread on a large jar of marshmallow cream. Let cake cool and spread with frosting.

Frosting:

1 box powdered sugar
1/2 c. margarine
1/3 c. cocoa
1/2 can milk
1 tsp. vanilla

Mix ingredients together and spread on cake.

Janice Shackelford

NEIMAN MARCUS CAKE

1 box yellow butter cake mix (Duncan Hines)
2 eggs
1 stick melted butter
8 oz. cream cheese
1 box powdered sugar
2 eggs

Mix together the first three ingredients. Put into a 9 x 13-inch pan. Do not grease pan. Mix together the remaining three ingredients and pour over first mixture in pan. Bake 45 minutes at 350° or until lightly browned.

Pauline Reed Dunklin
Emerald Bay

NOTHING CAKE

2 c. Bisquick mix
1 (1 lb.) box brown sugar
1 c. nuts
1 c. coconut
3 eggs

Mix; spread in a greased pan. Bake at 350° for 1 hour.

Billie Fagan

ORANGE AND CHERRY DATE CAKE

1 c. sugar
1/2 c. shortening
1 egg
3/4 c. pecans
1 c. boiling water
1 tsp. soda
2 c. flour
1 (8 oz.) pkg. dates
1 tsp. vanilla
11 1/2 oz. cherries, drained (use juice for filling)

Pour boiling water over chopped dates and let stand while preparing other ingredients. Cream shortening and sugar; add well-beaten egg and mix well. Add date mixture and dry ingredients; beat well. Add cherries last. Bake at 300° for 40 minutes.

Filling:

juice of cherries
juice of 1 large orange
3/4 c. sugar

Cook over simmer burner very low until cake is done, stirring every few minutes. Pour over cake while hot.

Willie Phillips

PEAR CAKE

4 fresh pears
2 eggs
1 tsp. vanilla
1 c. pecans
1/2 tsp. salt
1/2 tsp. cinnamon
2 1/2 c. sugar
1 c. oil
3 c. flour
1 tsp. soda
1/2 tsp. nutmeg

Soak pears in 1/2 cup sugar for 30 minutes. Pears should be very thin. Mix eggs, oil, vanilla, flour, soda, salt, nutmeg, cinnamon and sugar, then pears all together and stir well. Put in a Bundt pan and cook for 45 minutes or until done when you stick a toothpick in it and it comes out clean. Cover with Cool Whip.

PINA COLADA CAKE

1 box Duncan Hines yellow cake mix
1 can Coco Lopez
1 can Eagle Brand milk
1 small can Angel Flake coconut
1 large container Cool Whip

Bake cake as directed in a 9 1/2 x 11-inch pan. As soon as removed from oven, punch holes in cake with a fork and slowly pour Coco Lopez over cake so it will soak in. Do the same with the Eagle Brand milk. Let cake completely cool. Mix Cool Whip and coconut together and top cake. Keep refrigerated. This is better the next day.

Janice Shackelford

PINEAPPLE DREAM CAKE

1 box Betty Crocker cake mix
1 pt. whipping cream
1 large can crushed pineapple

Bake cake as directed on package, using juice drained from pineapple as part of liquid. Add 1/4 cup pineapple to batter.

Let cool completely. Beat whipping cream with sugar to taste until very stiff. Place remaining pineapple on first layer and add a generous amount of whipped cream. Add second layer to first. Ice cake completely with remaining cream. Refrigerate.

Barbara McDonald

POTATO CAKE

2 c. sugar
1 c. margarine
2 c. hot, mashed Irish potatoes
1/2 c. sweet milk
2 c. flour
2 tsp. baking powder
4 eggs
1/2 c. cocoa
1 tsp. vanilla flavoring
1 tsp. cinnamon
1 tsp. salt
1 tsp. nutmeg
1 c. nuts
1 c. raisins
1 c. crushed pineapple

Mix dry ingredients thoroughly together, then add liquid ingredients. Bake in a loaf pan until well done. Bake in a 350° oven for 35-45 minutes.

Wanda Henderson

PRUNE CAKE

1 c. sugar
3 eggs
1/2 c. milk
2 c. flour
1 tsp. soda
2 tsp. baking powder
2 tsp. allspice
2 tsp. cloves
2 tsp. cinnamon
pinch of salt
1 1/2 c. pecans
1 c. prunes, cooked and mashed
3/4 c. butter

Cream butter, sugar and eggs; beat until smooth. Add milk with other dry ingredients that have been sifted together. Then add pecans and prunes; mix well. Bake in three 9-inch cake pans at 350° for 30-35 minutes.

Prune Cake Frosting:

1 c. sugar
4 tsp. oleo
2 eggs
1/2 c. milk
1 c. prunes, cooked and mashed
1 c. pecans

Mix all ingredients, except nuts. Cook until spreading condition. Spread and top with nuts.

Bernice Ruff

PUMPKIN CAKE

1 c. Wesson oil
4 eggs
2/3 c. cold water
1 (18 oz.) regular can pumpkin
3 c. sugar
3 1/2 c. sifted flour
3 tsp. soda
1/2 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. ginger
1 tsp. allspice
1 c. raisins
1 c. pecans

Combine all ingredients, blending well. Fill four well-greased and floured, 1-pound coffee cans 1/2 full. Bake 1 hour at 375°.

Beety Vermillion

POUND CAKE

1/2 lb. butter
2 1/4 c. sugar
5 eggs
2 c. flour
1/4 c. warm water

Mix sugar and butter until well blended. Add 1 whole egg and beat well for 1 minute; repeat until all are beaten in well. Turn mixer to a very low speed and add flour, a few spoons at a time. Also add water, then beat mixture until well beaten. Bake at 325° for 1 hour.

Elizabeth Costlow
Frankston, TX

BOHEMIAN POUND CAKE

2 c. white sugar
1/2 c. brown sugar
1 c. Crisco
4 eggs
2 1/2 c. sifted flour
1 tsp. baking powder
1 tsp. salt
1 tsp. vanilla
1 large can Pet milk
1 c. chopped pecans
1 c. Angel Flake coconut

Blend sugar and Crisco; add eggs, one at a time, keeping mixer at medium speed. Add remaining ingredients as listed. Bake in a Bundt or tube pan for 1 1/2 hours at 350°.

Marzelle Williams

BUTTERMILK POUND CAKE

3 c. sugar
1 c. Crisco
6 eggs, separated
3 c. flour
1 c. buttermilk
1/4 tsp. soda
1/2 tsp. salt
2 tsp. lemon flavoring
1/2 tsp. butter flavoring

Cream together the sugar, Crisco and 6 egg yolks. Mix flour, soda and salt together; add them alternately with buttermilk to the sugar and Crisco mixture. Add lemon and butter flavorings. Fold in stiffly-beaten egg whites. Bake in a greased and floured, 9-inch tube pan at 360° for 1 1/2 hours.

Kate Scott

Beat the cake mix, sugar and oil; add eggs, one at a time, and beat well after each. Add sour cream and nuts; mix well. Grease a large, tubular loaf pan and flour it well. Add 1/2 of batter in pan. Sprinkle with the following:

2 Tbsp. sugar
1 Tbsp. cinnamon

Add remaining batter. Bake at 350° for 1 hour.

Billie Fagan

TOMATO CAKE

1/2 c. Wesson oil
1 c. sugar
2 c. flour
1 tsp. cinnamon
1/2 tsp. nutmeg
1 egg
1/2 tsp. salt
1 tsp. soda
2 tsp. baking powder
1 c. nuts, chopped
1 c. raisins
1 (No. 2) can tomatoes

Sift flour, baking powder, salt, sugar and spices together. Dissolve soda in tomatoes, then add tomatoes, egg, oil, nuts and raisins. Pour into two 8-inch layer cake pans. Bake 30 minutes at 350°.

Frosting:

5 Tbsp. oleo
1 c. brown sugar
1/2 c. sseet milk
1 1/2 c. powdered sugar

Mix and boil for 5 minutes. Put on cooled cake.

Dorothy Fisher

UGLY DUCKLING CAKE

1 pkg. yellow cake mix
1 (4 oz.) pkg. lemon instant pudding mix
1/2 c. chopped nuts
1 c. coconut
4 eggs
1/4 c. oil
1/2 c. brown sugar
1 (16 oz.) can fruit cocktail

Blend all ingredients, except brown sugar and nuts, in a large bowl. Beat 4 minutes at medium speed. Pour into greased and floured, 13 x 9-inch pan.

Sprinkle with brown sugar and nuts. Bake 45 minutes to 1 hour in a 350° oven. Cool in pan for 15 minutes. Spoon hot Butter Glaze over warm cake.

Butter Glaze:

1/2 c. margarine
1/2 c. granulated sugar
1/2 c. evaporated milk
1 1/3 c. Angel Flake coconut

Combine margarine, sugar and milk in a saucepan; boil for 2 minutes. Add coconut.

Virginia Pollard

VANILLA WAFER CAKE

1 c. butter
2 c. sugar
6 eggs
1 (12 oz.) box vanilla wafers, crushed
1/2 c. milk
1 (7 oz.) pkg. coconut
1 c. chopped pecans

Cream butter; add sugar and beat until smooth. Add eggs, one at a time, beating well after each one. Add vanilla wafers alternately with milk. Add coconut and pecans. Pour batter into a greased and floured tube pan. Bake at 275° for 1 1/2 hours.

CHOCOLATE CHIP COOKIES

2 1/4 c. unsifted flour
1 tsp. baking soda
1 tsp. salt
1 c. softened butter
3/4 c. sugar
3/4 c. packed brown sugar
1 tsp. vanilla
1 c. chopped nuts
2 eggs
1 (12 oz.) pkg. chocolate chips

Preheat oven to 375°. Mix together the top three ingredients in a small bowl and set aside. Mix together the next four ingredients; beat until creamy. Then beat in eggs. Then add the flour mixture and mix well. Stir in chocolate chips and nuts.

Drop by rounded teaspoonful onto greased cookie sheet. Bake at 375° for 8-10 minutes. Makes 100 two-inch cookies.

Bernice Ruff

FAVORITE TEA CAKES

1/2 c. butter
1 c. sugar
2 eggs, beaten
2 c. flour
3 tsp. baking powder
1 tsp. vanilla

Mix all ingredients. Roll out or drop by spoon onto cookie sheet. Bake at 375° until done.

Debra Rodgers

FUDGE COOKIES

2 c. sugar
3 Tbsp. cocoa
1 stick margarine
1/2 c. milk
1 tsp. vanilla
3 c. quick-cooking oats
1/2 c. peanut butter
1 c. pecans

Boil the first five ingredients for 1 minute. Remove from stove and add oats, peanut butter and pecans. Drop on waxed paper by spoonful; cool.

Debra Rodgers

ICEBOX OATMEAL COOKIES

1 c. shortening
1 c. brown sugar
1 c. white sugar
2 eggs, well beaten
1 tsp. vanilla
1 1/2 c. sifted flour
1 tsp. salt
1 tsp. soda
3 c. oatmeal

Cream shortening and sugars; add eggs and blend well. Add remaining ingredients; mix thoroughly. Shape into rolls, wrap tightly in waxed paper, and refrigerate ovenight. Slice thinly as possible and place on ungreased cookie sheet. Bake at 350° for 10 minutes. Makes 5 dozen.

Barbara McDonald

JENNY'S OATMEAL COOKIES

1 c. shortening
1 c. white sugar
1 c. brown sugar
2 eggs, beaten
1 tsp. vanilla
1 tsp. soda
1 1/2 c. sifted flour
3 c. 3-minute oats

Cream shortening; add sugars gradually and mix well. Add beaten eggs and vanilla. Stir in sifted flour and soda. Add oats. Form in small balls and bake at 375° for 10-15 minutes. Raisins, nuts or coconut may be added. Makes 5 dozen.

Bernice Ruff

GUESS AGAIN COOKIES

1 c. shortening
1 c. brown sugar
1 c. white sugar
2 eggs
2 c. flour
1 tsp. soda
1/2 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla
2 c. Rice Krispies
1 c. oatmeal
1 c. coconut

Cream the shortening and sugars; add eggs and beat. Sift together the dry ingredients and add to first mixture. Add remaining ingredients. Roll out on floured board and cut. Put on cookie sheet. Bake for 8-10 minutes at 350°.

Kate Scott

MONSTER COOKIES

6 eggs
1 lb. brown sugar
2 c. white sugar
1/2 lb. butter or margarine
1 Tbsp. white Karo syrup
1 tsp. vanilla
4 tsp. soda
1 lb. crunchy peanut butter
1 1/2 c. flour
7 c. oatmeal (between 5-7 c.)
1/2 lb. chocolate chips
1/2 lb. M & M's candies

Mix in above order. Drop and pat out. Bake at about 350° for 10 minutes. These can be made as bars. Makes a whole bunch.

Joyce Davis
Irving, TX

PEANUT BUTTER - OATMEAL - CHOCOLATE COOKIES

2 c. sugar
1 stick margarine
1/2 tsp. vanilla
2 Tbsp. chocolate
4 c. oatmeal
1 c. peanut butter

Bring to a boil the sugar, margarine, vanilla and chocolate; boil for 1 minute. Remove from fire; add oatmeal and peanut butter. Spoon out onto waxed paper.

Golda Dickerson

RANGER COOKIES

1 c. shortening
1 c. brown sugar
1 c. white sugar
2 eggs
2 c. flour
1 tsp. baking soda
1/2 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla
2 c. oatmeal
2 c. corn flakes
1 c. coconut

Blend shortening and eggs; add other ingredients. Roll into balls about the size of a half dollar. Bake on ungreased cookie sheet at 300° until light gold.

Glenda Kindle

SAND TARTS

1 c. butter or margarine
1/4 c. powdered sugar
2 tsp. vanilla
1 Tbsp. water
2 c. sifted flour
1 c. chopped pecans

Cream butter and sugar; add vanilla and water. Add flour and mix well, then add pecans. Form into small rolls, 1 1/2 inches long. Bake on ungreased cookie sheet in a slow oven (300°) for 20 minutes or until delicately browned. While hot, roll in powdered sugar. Makes 3 dozen.

Helen Wedgeworth

THUMBPRINT COOKIES

1 c. flour
1/2 tsp. salt
1/3 tsp. plus 1 Tbsp. shortening
2 Tbsp. water
jam or jelly

Measure the ingredients. Mix the ingredients until they hold together. Then form the dough mixture into small balls. Place the balls on a cookie sheet. Make a thumbprint in the center of each ball. Bake the

balls with the thumbprints at 350° for 8-10 minutes. Let cookies cool and then fill the thumbprint with jelly or jam.

Elizabeth Costlow
Frankston, TX

TREASURE COOKIES

1/2 c. peanut butter
1 tsp. vanilla
1/2 c. margarine
1 c. sugar
1 egg
1/4 tsp. salt
3/4 tsp. baking powder
1 1/4 c. flour
strawberry jelly

Mix softened margarine and egg with peanut butter until well blended. Beat in sugar and vanilla. Mix salt and baking powder with the flour and stir into mixture. Drop by teaspoons onto ungreased cookie sheet. Make depression in center and fill with strawberry jelly. Bake at 350° until lightly browned.

Mrs. Clyde Bell

QUICK COOKIES

3/4 c. biscuit mix
1 pkg. instant pudding mix (any flavor)
1/4 c. cooking oil
1 egg

Combine ingredients and mix until dough forms a ball. Shape into balls, using 1 teaspoon of dough for each ball. Place on ungreased cookie sheet; flatten to about 2-inch size with hand. Bake at 350° for 8 minutes. Makes about 24 cookies.

Nelda Stricklen

MARSHMALLOW CREAM FUDGE

1 jar marshmallow cream
1 1/2 c. sugar
2/3 c. evaporated milk
1/4 c. margarine
1/4 tsp. salt
1 (12 oz.) pkg. chocolate chips
1/2 c. nuts
1 tsp. vanilla

Combine the first five ingredients in medium saucepan; bring to a full boil, stirring constantly, and

boil for 5 minutes. Remove from heat. Add chocolate chips; stir until morsels are melted and mixture is smooth. Stir in nuts and vanilla. Pour into a greased, 8-inch, square pan. Chill until firm. Makes about 2 1/4 pounds.

Bernice Ruff

MILLIONAIRE CANDY

1 (14 oz.) pkg. caramels
3-4 Tbsp. milk
2 c. pecan pieces
1 tsp. vanilla
butter or margarine
1/4 lb. paraffin
1 (12 oz.) pkg. chocolate chips

Melt caramel in milk over low heat; add pecans. Drop by teaspoon on waxed paper. Melt paraffin and chocolate chips together. Dip candy in this chocolate mixture and return to paper to cool.

Debra Rodgers

COCONUT BALLS

2 lb. powdered sugar
2 sticks butter, melted
1 can Eagle Brand milk
1 lb. pecans, chopped
1 (7 oz.) can or bag coconut
1 (12 oz.) pkg. chocolate chips
1 block paraffin wax

Mix the first five ingredients; roll into balls. Melt the chocolate chips and wax together. Using toothpicks, dip balls into chocolate mixture and lay on waxed paper.

Dorothy Dent

CHOCOLATE FUDGE

2/3 c. milk
2 Tbsp. corn syrup
2 c. sugar
2 Tbsp. cocoa
2 Tbsp. butter
1 tsp. vanilla
1 c. chopped nuts

Combine the first four ingredients in saucepan and cook until soft ball stage (234°). Take off fire. Cool, without stirring. When cool, add last three

ingredients. Beat until creamy. Pour into a greased, 8-inch, square pan. When cool, cut in squares.

Debra Rodgers

PEANUT BRITTLE

2 c. raw peanuts
1 c. sugar
1 c. white Karo syrup
1 tsp. soda

Bring sugar and syrup to a boil; add peanuts and cook until peanuts stop popping. Stir all the time as it cooks. Take off of burner and stir in soda until it quits foaming. Pour on lightly-greased cookie sheet until cold. Break in pieces and store in cookie jar.

Alma Evans

PEANUT BRITTLE

1 1/2 c. sugar
1 c. Karo syrup
3 c. raw peanuts
pinch of salt
1/4 c. butter
1 tsp. soda

Cook sugar and syrup in heavy pan until amber in color; add raw peanuts and cook until the color of parched peanuts. (They will begin to split open.) Then add butter and soda, stirring quickly. Mix well. Pour on greased cookie sheet. Let cool and break.

Dorothy Dent

PEANUT CANDY

3 c. sugar
1 c. white Karo syrup
1 c. water
1 lb. Spanish peanuts
5 drops red food coloring
2 Tbsp. margarine

In a saucepan, cook over medium heat to hard ball stage on candy thermometer. Remove from heat. Add margarine. Cool slightly and beat until creamy. Spread on buttered cookie sheet and cool, then break in pieces.

Jay Glass

PEANUT PATTIES

2 1/2 c. sugar
2/3 c. white Karo syrup
1 c. milk
3 c. peanuts

Mix ingredients and cook over low heat until firm ball. Then add the following:

2 tsp. butter
1 tsp. vanilla

Beat until fudging starts. Drop in platter or greased dish.

Kate Scott

CAN'T FAIL PEANUT BRITTLE

1 c. sugar
1 c. white Karo syrup
2 c. raw peanuts
1 tsp. soda

Put the first three ingredients in a pan and mix. Bring to a hard boil and, without stirring, boil until mixture turns brown around edges of pan, approximately 8-9 minutes. Turn off fire and add soda. Stir well. (Mixture will foam.) While foaming, pour out onto a well-greased cookie sheet or pizza pan. It will be thin until cold. Break into pieces and store in airtight container.

Genelle Martin

** EXTRA RECIPE **

Desserts

Substitutions

1 c. whole milk	½ c. evaporated milk and ½ c. water ½ c. condensed milk and ½ c. water (reduce sugar in recipe) 4 T. powdered milk and 1 c. water. 4 T. nonfat dry milk plus 2 t. shortening and 1 c. water
1 c. sour milk	1 c. sweet milk and 1 T lemon juice or vinegar 1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1 ¾ t. cream of tartar
1 c. sweet milk	1 c. sour milk or buttermilk plus ½ t. baking soda
1 c. sour, heavy cream (for sour milk recipe)	⅓ c. butter and ⅔ c. milk
1 c. sour, thin cream (for sour milk recipe)	3 T. butter and ¾ c. milk
1 c. butter or margarine (for shortening)	4/5 c. bacon fat (clarified), increase liquid in recipe ¼ c. ⅔ c. chicken fat (clarified), increase liquid in recipe ¼ c.) 7/8 c. cottonseed, corn, nut oil (solid or liquid) 7/8 c. lard and salt ½ c. suet and salt (increase liquid in recipe ¼ c.)
1 1-oz. square unsweetened chocolate	3 T cocoa plus ½ T. shortening
1 T. cornstarch (for thickening)	2 T. flour (approx.)
1 T. flour (for thickening)	½ to ⅔ T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks

1 c. sifted cake flour	1 c. minus 2 T. sifted all-purpose flour
1 c. sifted all-purpose flour	1 c. plus 2 T. sifted cake flour
1 whole egg	2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 eggs yolks (in custards, etc.)
1 c. canned tomatoes	1 ⅓ c. cut-up fresh tomatoes, simmered 10 min.
1 c. molasses	1 c. honey
1 c. honey	¾ c. sugar plus ¼ c. liquid
1 c. granulated sugar	1 ⅓ c. brown sugar or 1 ½ c. powdered sugar
1 t. baking powder	¼ t. baking soda plus ½ t. cream of tartar
1 lb. cornmeal	3 cups
1 lb. cornstarch	3 cups
1 lemon rind	1 Tbsp. grated
3-4 med. oranges	1 cup
1 orange rind	2 Tbsp. grated
23 soda crackers	1 cup crumbs
15 graham crackers	1 cup crumbs

Sizes of Cans

No. 1 can	1 ½ cupfuls used for baked beans, meats, soups, fruits, vegetables.
No. 1 (tall)	2 cupfuls
No. 2 can	2 ½ cupfuls used for beans, peas and corn.
No. 2 ½ can	3 ½ cupfuls used for tomatoes, spinach, beets and pumpkin.
No. 3 can	4 cupfuls
No. 10 can	1 gallon used for both fruits and vegetables.
No. 5 can	7 cupfuls (almost ½ gallon) used for fruit juice.

Copyright © 1978 Fundcraft Publishing, Inc.

RITZ DESSERT

16 Ritz crackers
1 c. pecans
3 egg whites
1 c. sugar
1 tsp. vanilla
1/4 pt. whipping cream, whipped

Combine chopped nuts and crackers, which have been finely crumbled (use rolling pin). Beat egg whites stiff; add sugar. Fold into next mixture. Add vanilla.

Pour into a 9-inch pie plate and bake in a slow oven (300°) for 45 minutes until golden brown. Cool and refrigerate. Top with the whipped cream or ice cream before serving.

Debra Rodgers

STRAWBERRY ANGEL DELIGHT

1 (1 lb.) angel food cake
1 large (4 3/4 oz.) pkg. instant vanilla pudding
1 medium container whipped topping
1 pt. frozen strawberries or 2 c. fresh, sliced strawberries, sugared to taste (if fresh, prepare and refrigerate)

In a 9 x 13-inch pan, place cake, torn in bite-sized chunks. Prepare pudding according to package directions. Layer over cake. Pour strawberries, juice and all, over pudding. Top with whipped topping.

Ravenna Waldrip

OUTDOOR APPLE DUMPLING

2 (No. 2 1/2) cans apple pie filling
2/3 c. water
1 tube refrigerated biscuits
cinnamon and sugar

Combine pie filling and water in a large skillet that has a tight cover. When apples come to a boil, cut the biscuits in quarters and let the pieces drop into the boiling apples. Sprinkle biscuits with a cinnamon and sugar mixture; cover and let simmer for 20 minutes. Serve with cream.

Frank Bane

CHOCOLATE DELIGHT

1 c. flour
1 c. chopped nuts
1 stick margarine

Mix. Press into a 9 x 12-inch pan. Bake at 350° for 20 minutes. Cool.

1 (8 oz.) pkg. cream cheese
1 c. powdered sugar
1 c. Cool Whip

Mix. Spread over crust.

1 small pkg. instant chocolate pudding
1 small pkg. instant vanilla pudding
3 c. milk

Mix together. Spread over cheese layer. Cover with remaining Cool Whip (1 cup). Refrigerate, or it can be frozen for later use.

Joyce Davis
Irving, TX

4-LAYER DELIGHT DESSERT

1 c. flour
1/2 c. butter
1/2 c. chopped nuts
1 (8 oz.) pkg. cream cheese
1 c. powdered sugar
9 oz. Cool Whip
2 (3 oz.) pkg. instant chocolate pudding mix
3 c. cold milk

First Layer: Mix flour, butter and nuts for pie crust. Pat in a 9 x 13-inch pan. Bake 15 minutes at 350°. Cool.

Second Layer: Combine softened cream cheese, powdered sugar and 1 cup Cool Whip. Spread on crust.

Third Layer: Combine pudding and milk as for pie. When slightly thickened, add on top of cream cheese mixture.

Fourth Layer: Top with remaining Cool Whip and refrigerate.

Joyce Blakeney

HOMEMADE BANANA PUDDING

1 c. sugar
2 Tbsp. flour
3 eggs
1 small can evaporated milk
1 c. water
1 tsp. vanilla
1/2 stick butter
1 box vanilla wafers
3 medium bananas

Mix flour, sugar, eggs, milk, water, vanilla, butter and salt in a double boiler and cook over medium heat; bring to a boil, stirring often. Continue cooking until thickened.

Lay vanilla wafers in bottom of medium casserole dish; crumble 2-3 handfuls of wafers and add to pudding mixture after removing from heat. Slice bananas and arrange on top of wafers in bowl. Pour pudding on top. This pudding recipe can be used as a base for these pies: Coconut, cocoa or pumpkin.

Rhonda Tunstill

"SPECIAL" BANANA PUDDING

1 can Eagle Brand milk
1 large carton Cool Whip
1 large pkg. instant vanilla pudding mix
2 c. milk
6 bananas
1 box vanilla wafers

Mix instant pudding mix with the milk; add the Eagle Brand milk and fold in Cool Whip. Layer vanilla wafers, chopped or sliced bananas, and pudding mixture. This makes a large dish and must be kept in the icebox.

Frances Bland Duncan

TRIFLE

cake
2 pkg. strawberry jello
2 pkg. frozen strawberries
4 c. custard

Place a thin layer of cake in a bowl. Mix jello according to directions on package and pour over cake, then spread with strawberries. Let set. Then pour the custard over mixture and top with whipped cream.

Fay Warrington
Palestine, TX

BROWNIES

2 c. sugar
1/2 c. cocoa
4 eggs
2 sticks margarine, melted
2 c. flour

Mix sugar and cocoa together. Mix in other ingredients. Spread in greased and floured, 13 x 9 x 2-inch baking pan at 350° for 30 minutes. You may add nuts (1 cup), if desired.

Janice Shackelford

MAGGIE'S COBBLER

3-4 Tbsp. margarine
1 large can sliced peaches, undrained
1 c. flour
1 c. sugar
2-3 tsp. baking powder
1 tsp. vanilla
1 c. milk

Melt the margarine in a 9 x 13-inch baking dish. Pour sliced peaches into margarine. In a separate bowl, combine flour, sugar, baking powder, milk and vanilla. Pour this mixture over the peaches in the baking dish. Bake until golden brown, about 40 minutes, at 350°.

Kay Gouger

NO-STIR COBBLER

3 Tbsp. butter
1 c. flour (scant)
1 c. sugar
2 tsp. baking powder
1/4 tsp. salt
3/4 c. milk
1 (No. 3) can peach slices
cinnamon
nutmeg

Melt the butter in a pan. Mix flour, sugar, baking powder and salt; add milk and mix well. Spoon over top of butter in pan. Do not stir! Place evenly on top of mix in pan the peach slices. Sprinkle with cinnamon and nutmeg. Dot with butter. Bake at 350° for 1 hour.

Apple slices may be used. Red sour pitted cherries and juice may be used; if so, add 1/2 cup sugar, cinnamon to taste and 1/2 teaspoon almond extract.

Sue McSpadden

Beverages, Sandwiches & Misc.

Helpful Cooking Hints

Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, bouillon or wine - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add ¼ cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt that which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon jello dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jelled fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind - they are heavy and awkward to handle) fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground start off in cold water - potatoes - beets - carrots - etc. Anything that grows above ground, start off in boiling water - English peas - greens - beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tarter, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut-off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery and lobster black bean or onion with cauliflower - tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb it.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cooky dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - wrap without worrying about them sticking together.

Copyright © 1978 Fundcraft Publishing, Inc.

HOT CHOCOLATE MIX

1 (1 1/2 lb.) box Nestle Quik
1/2 c. powdered sugar
1 (8 qt. size) box powdered milk
1 (6 oz.) jar Coffee-mate

Mix ingredients well. Keep in an airtight container. Use 1/2 cup mix or less and enough hot water to make 1 cup of hot chocolate.

Rhonda Tunstill

FROSTED MOCHA MILK

2 pt. coffee ice cream
1/2 c. chocolate syrup
1/4 c. instant coffee powder
2 qt. milk

Mix ingredients and refrigerate.

Rhonda Tunstill

ICE CREAM BARS

2 c. coarsely-crushed corn flake cereal
1 c. (3 1/2 oz.) flaked coconut
1/2 c. chopped nuts
1/2 c. packed brown sugar
1/3 c. butter, melted
1/2 gal. vanilla ice cream

Mix cereal, coconut, nuts, brown sugar and butter. Press 2/3 of the mixture (about 3 1/2 cups) into an ungreased baking pan, 13 x 9 x 2 inches. Slice ice cream; press on cereal. Sprinkle remaining cereal mixture over top. Cover and freeze until firm, at least 4 hours. Cut in bars, about 3 x 2 inches. Makes 16 servings.

Debra Rodgers

TUTTI-FRUTTI ICE CREAM

juice of 3 oranges
juice of 3 lemons
3 bananas, mashed
3 c. sugar
1/2 gal. milk
1 large can evaporated milk

Mix all together and put in ice cream freezer; freeze.

Janice Shackelford

SIX "3'S" ICE CREAM

3 c. cream
3 c. milk
3 c. sugar
3 bananas
juice of 3 oranges
juice of 3 lemons

Opal Eubanks

CALIFORNIA PARTY PUNCH

1 large can pineapple juice
2 large cans frozen orange juice
2 large cans frozen lemonade
1 pt. orange sherbet
1/2 gal. vanilla ice cream
1 large can ginger ale

Mix the frozen juices with water as directed on cans. Mix all juices together. Cut ice cream and sherbet in 2-inch squares and add to fruit juices. Chill. Add ginger ale just before serving.

Rhonda Tunstill

LIME PUNCH

4 bottles Sprite or ginger ale
1 small can frozen lemon or lime juice
1/2 gal. lime sherbet

Mix Sprite and lime juice; put in refrigerator. When ready to serve, add softened sherbet and mix well.

Rhonda Tunstill

SLUSH PUNCH

2 regular-sized pkg. jello (any flavor)
1/2 c. sugar
1 small can frozen lemonade
2 small cans frozen orange juice
1 tall can pineapple juice
1 tsp. almond extract (optional)
1 qt. ginger ale

Mix jello as directed and add sugar. Mix fruit juices as directed, except use 1 less can of water than called for. Combine juices with jello and extract; freeze.

FROSTY EGGNOG

6 eggs
1/4 c. sugar
1/2 c. light or dark Karo syrup
1/2 pt. half and half cream
1/4 c. rum (optional)
1 pt. vanilla ice cream
nutmeg

In large bowl with mixer at high speed, beat the egg whites until foamy. Gradually beat in 1/4 cup sugar until stiff peaks form. In small bowl with mixer at medium-low speed, beat egg yolks and the syrup for about 5 minutes or until thick and lemon colored. Add the half and half cream. Beat until well mixed. Fold into egg white mixture. Stir in rum, if desired.

Cover; refrigerate. Place the ice cream in one piece in punch bowl. Pour eggnog over it and sprinkle with nutmeg.

Joyce Blateney

MARIACHIS

Mariachis Mixture:

1 pkg. frozen Ore Ida hash browns
1-2 lb. fried bacon
6 medium-sized scrambled eggs

Prepare each of the above separately, then combine all together.

large flour tortillas
Picante or Tabasco sauce
sour cream (optional)

Heat tortillas until warm, then fill with Mariachis Mixture. Top with Picante sauce and sour cream (optional).

Jo Ann Patman

NIGHTCAP SANDWICH

4 eggs, beaten
2 Tbsp. milk or cream
1/4 tsp. salt
dash of pepper
1 Tbsp. minced onion
2 Tbsp. minced pimentos
1/2 can Vienna sausage, sliced thin
2 Tbsp. butter
8 slices rye or whole wheat toast, buttered

Beat eggs and add milk, salt, pepper, onion, pimentos and sausage. Cook mixture slowly in buttered skillet, stirring slowly. Pour mixture over half of hot, buttered toast and top with second slice. Cut diagonally and serve immediately. Makes 4 sandwiches.

Rhonda Tunstill

CHEESE SANDWICH FILLING

1/2 c. grated American cheese
1/4 c. minced, cooked bacon
6 drops onion juice
1 Tbsp. minced pickles
3 Tbsp. mayonnaise

Combine all of the above and store in airtight container. Spread over bread slices.

Rhonda Tunstill

TENDER CHUNK HAM SANDWICH

2 cans Tender Chunk ham
2 boiled eggs
6 sweet pickles
1/2 c. grated Cheddar cheese
1/2-1 c. mayonnaise
pepper

Mix above together and refrigerate. Serve over slices of toasted bread.

Rhonda Tunstill

ENGLISH MUFFIN PIZZAS

4 English muffins
vegetable oil
1 (8 oz.) can tomato sauce
1/2 tsp. dried oregano leaves
1 (4 oz.) pkg. sliced salami or pepperoni
1 c. shredded Mozzarella cheese

Split muffins in halves; brush cut sides with oil. Toast muffins with cut sides down in a 10-inch skillet over medium heat on grill or camp stove. Mix tomato sauce and oregano; spread over cut sides of muffin halves. Arrange salami slice on sauce and sprinkle with cheese. Cover and heat on grill until cheese melts, about 2 minutes.

Melissa Rodgers

HERB SHAKER

1 tsp. marjoram
1/2 tsp. cayenne pepper
1 tsp. ground basil
1 tsp. ground thyme
1 tsp. parsley
1 tsp. ground savory
1 tsp. ground mace
1 tsp. onion powder
1 tsp. ground sage
1 Tbsp. garlic powder

Mix all ingredients and place in a shaker bottle. Use to season foods in place of salt.

Betty Lue Tunstill

CRANBERRY FREEZE

1 can Eagle Brand milk
1 (9 oz.) carton Cool Whip
1/3 c. lemon juice
15 oz. crushed pineapple, drained
1 can cranberries (whole)

Mix all ingredients together and put in an oblong Tupperware bowl and freeze. Cut in squares and serve on lettuce leaf.

Rosemary Carrington

** EXTRA RECIPE **

THANKS:

To the LADIES AUXILIARY

for their help and support the past years,

and also for all the excellent food

prepared and donated to the

V F W Post functions.

COMRADES

of

V F W Post 5073

Frankston, Texas

621-3

COUNTRY CRAFTS & GIFTS
Downtown Bullard 894-6188

Gifts for All Ages
Handcrafted & Wooden Items
Cards & Party Goods
Candles
Popcorn Bags & Cans
Personalizing

CUSTOM DESIGNING
FRESH & SILK FLOWERS
- Plants
- Weddings
- Mums & Corsages
- Funerals
- All Occasions

PATCHWORK DOLLS DANCE STUDIO

Twirling - Jazz - Gymnastics - Tap - Ballet
Beginner to Advanced - Ages 3 to Adult
Class & Private Instruction
Fine Arts Pre-School for Girls
Sports Fitness & Gymnastics
Pre-School for Boys

Bullard 894-6188

CHEVROLET

BACON CHEVROLET

Hwy 155 North
Frankston, Texas 75763

Citation - Camaro - Chevelle - Caprice
Monte Carlo - Corvette - Chevette - Cavalier
Trucks

Billy Bacon

Bus. Phone 876-2221 Tyler Line 595-0785
Res. 876-2494

KWIK-STOP

Hwy 175 E. Hwy 155 N.

Gas - Food - Laundry

4-Bay Car Wash

Ja-Kel Mini-Storage

Self Service Storage Buildings

U - Lock U Keep The Key

PHILLIPS OIL CO.

Bob-Cat Gasoline

Wholesale & Retail

Phone 876-2266

P.O. Box 6

Frankston, Texas 75763

KILO DRIVE IN

BAIT -- TACKLE
GROCERY SUPPLIES -- PICNIC SUPPLIES

876-2261

Paul & Wayne Phillips

FRANKSTON RELIANCE GAS CO.

P.O. Box 365
Frankston, Texas 75763
(214) 876-2332

LP Gas Sales and Service
Two-Way Radios

Richard R. & Sharon Atwood - Owners

Goyne's window coverings

Drapery & Upholstery Fabrics
Window Shades
Woven Woods & Mini Blinds

MARIE GOYNE

409 Pine, Box 36
Frankston, Texas 75763
(214) 876-3881

1333 Beckham K-Mart Plaza
Tyler, Texas 75702
(214) 595-3193

B & T AUTOMOTIVE & WRECKER

301 South Elm Highway 155 & 19
Frankston

HOURS:
Mon - Fri 7:30 A.M. - 5 P.M.
Sat 7:30 A.M. - 12 Noon

Phone Days: 876-3074

OWNERS:

Clyde Bell - 876-3512 Fred Tunstill - 876-2141

THE FLOWER COTTAGE

308 East Main Frankston, Texas 75763
(214) 876-2450

Gifts & Flowers For All Occasions
We Wire Flowers AFS & Florafax

Owners: Jemmy Fields & Rilea Cook

SAVINGS OF TEXAS ASSOCIATION

405 West Pine - Frankston
Member FSLIC
876-2069

B & B FOODS

Hwy 155
876-3101

Owner: B.C. Blair

---

7 Days A Week

24 Hr. Service

LAKESIDE PLUMBING

Repairs & Remodeling -- Sewer & Drains Unstopped
MIKE BLAKENEY, Owner
Lake Palestine 876-3988

FRANKSTON FARM & RANCH SUPPLY

Feed - Seed - Fertilizer
Saddles - Tack - Garden Center
Farm Equipment

David Eikner
Frankston, Texas 75763

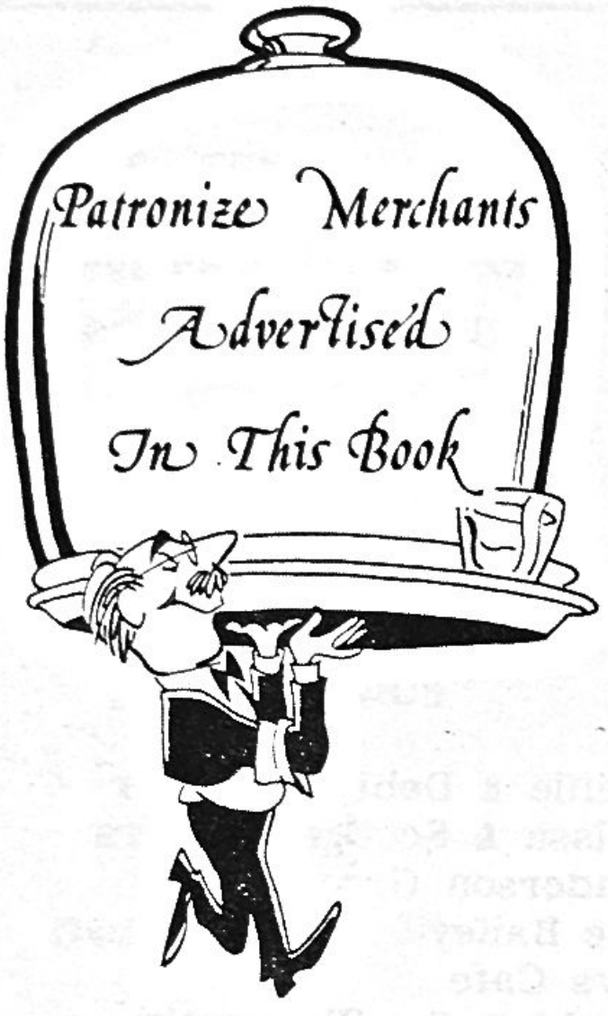
214/876-2515 Bus.
214/561-0876 Res.

MAC & BETTY

Frankston , Texas

BOOSTERS

Ronnie & Debra Rodgers
Melissa & Scottie Rodgers
Henderson Grocery
Pete Bailey
Mays Cafe
Harold & Genelle Martin
Harry & Joyce Parker & Wayne
Henry , Mitsy , Lula Walker
Travis & Elizabeth Costlow & Larry
Angela & Stacy Tunstill
Fred & Rhonda Tunstill
Lee & Kate Scott
Bill & Dorothy Fisher
Robert , Ruth & Amy Homan
Rosco & Bernice Ruff
Pete Price


Patronize Merchants
Advertised
In This Book

SAV - MOR FOODS

Frankston, Texas

Ph. 876-2626

ELLIS MERCANTILE CO.
Frankston, Texas 75763

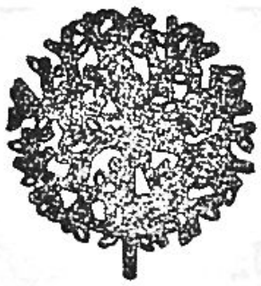
100-250-500 GAL. SEPTIC TANKS
Extra Charge for Delivery -- We Clean Septic Tanks
Groceries-Hardware-Feed-Plumbing Supplies
Power Saws-Jacuzzi Well Pumps-Dry Goods & Shoes

Ralph C. Ellis, Owner
Home 876-2254 Bus. Ph. 876-2354
J. Louie Taylor Ph. 876-2955

FRANKSTON CLEANERS

Hwy 175 Frankston , Texas

Drycleaning -- Laundry
Alterations -- Leather Care



BEVERLY
Enterprises

Martha Bevel, Administrator

Frankston Nursing Center
Highway 155
Frankston, Texas 75763
214-876-3208 876-3209

BERRY'S
KOUNTRY STORE
SUPERMARKET

Berryville 876-2208

Best Beef In East Texas

S & D FEEDS

307 Ayeres
Frankston, Texas 75763
214-876-3806

Owner - Scott Holcombe

Jeans *Shirts*

BJ'S CORRAL

Larry and Beverly Weesner

Boots *Hats*

Hwy 155 (Across From Lade Ford)
P.O. Box 266
Frankston, Texas 75763

Belts (214) 876-3203 *Tack*

FAGAN HEATING & AIR CONDITIONING

B.B. 109
Frankston, Texas 75763

876-2129

Ray's Grocery & Market

Custom Cut Meats

RAYBURN HOLLINGSWORTH, OWNER

876-4080
Main & Commerce St. Frankston, TX 75763

BERT & KAYE'S EXXON

Jct. 155 & 175
Frankston , Texas
876-2201

Full Line - Full Service Station

Nights: 852-3414
675-5392

Terry Holt
Manager

Phone: 876-2424
Box 133

Frankston, Texas
75763

FRANKSTON DAIRY QUEEN

Clean & Friendly Service

Phone Orders Welcome
876-2216

Owner David Brightwell

FORD

Celebrating 20 Years of Service To The Frankston Area

LADE FORD
P.O. Box 7
Frankston, Texas 75763
214/876-2225

Specializing in Fine American Made Cars and Trucks

Jim Lade-President
Home: 876-2377

James Lade - Vice-President
Home: 876-2666

RILEY FARMS
Dairy & Nursery

P.O. Box 158
Frankston , TX 75763

876-3262

Ed & Bobbie Mills
Owners

E & B OFFICE SUPPLY

"For Service You Can Depend On"

214-876-3816

P.O. Box 686

Frankston, Texas 75763

FARMERS INSURANCE GROUP

FARMERS INSURANCE GROUP

Robert P. Dickerson
Agent

P.O. Box 104
Frankston, Texas 75763
Bus. (214) 876-2007
Res. 876-3504

Auto-Fire-Life-Commercial

GLASS AUTO SUPPLY

West Side of the Square
Frankston

876-2389

J. LOUIE BURKS HARDWARE & FURNITURE

"Serving Frankston And Its Trade Territory Since 1926"

P.O. Box 327 - Phone 876-2434
Frankston, Texas 75763

Masury Paint-Building Materials-Plumbing Supplies
Electrical Supplies-Housewares-Steel Pipes
Floor Covering-PVC Pipes

FIRST STATE BANK

Frankston , Texas

Member F D I C

THE FRANKSTON CITIZEN

Almost 2,000 Families Depend on The Citizen For News About Folks They Know!

Phone (214) 876-2218
Frankston , Texas

ONEAL SMITH GARAGE

P.O. Box 352
Frankston, Texas 75763
Ph. 876-2958

General Automotive Repairs

STANLEY HOME PRODUCTS DEALERS

Call For Products --
Demonstrations - Win Free Gift
Dealership - Earn While you Learn

C.B. & VICTORENE GAINES
87A LAKEVIEWS DR. PTS
FLINT, TEXAS 75762 214-825-3433

TOWN & COUNTRY BEAUTY SHOP

Full Service Salon

Hours: 8 Till 5 o'clock
Wednesday - Saturday

Poyner, Texas 876-2079

Mary Jo Tolly

GLENDA KINDLE INSURANCE AGENCY

For Your Insurance Needs Call Glenda Kindle
Personal Service - Home, Car and Commercial Lines

Route 1 Box 140-1
Frankston, Texas 75763
214-876-2094

INDEX OF RECIPES

Page

APPETIZERS, RELISHES & PICKLES

Broiled Shrimp Cheesies 1
Cheese Ball 1
Hot Cheese Balls 1
Cheese Hors d'Oeuvres 2
Mexican Fudge 2
Mucho Nachos 2
Texas Dip 3
Western Dip 3
Calico Pepper Relish 3
Pepper Relish 4
Squash Relish 4
Pickled Squash 4
Jalapeno Peppers 5
Cucumbers in Sour Cream 5
Bread and Butter Pickles 5
Easy Sweet Pickles 6
Lizard Tails 6
Old-Fashioned Icicle Pickles 6
"Mock" Strawberry Jam 7
Strawberry Fig Preserves 7
Pear Mincemeat 7

SOUPS, SALADS & SAUCES

Cabbage Patch Stew 9
Savory Burger Stew 9
Checkers Swiss Broccoli Soup 9
Barbecue Sauce 10
Barbecue Sauce 10
Cracker Salad 10
Chef's Salad Bowl 11
Cole Slaw 11
Cherry Pie Salad 11
Cherry Salad 12
Coca-Cola Salad 12
Cole Slaw Dressing 12
Delicious Orange Salad 13
Yummy Cherry Salad 13

Page

Fritos Bean Salad 13
Green Pea Salad 14
Fresh Fruit Salad 14
Fresh Vegetable Salad 14
Holiday Fruit Salad 15
Mandarin Orange Salad 15
Mexican Chef's Salad 15
Mexican Salad 16
Orange Salad 16
Patio Potato Salad 16
Pink Salad 17
Pistachio Congealed Salad 17
Pistachio Salad 17
Rice and Pineapple Salad 18
Sauerkraut Salad 18
Seven-Layer Salad 18
Turkey Salad 19
Watergate Salad 19
Wonder Salad 19
Confetti Cole Slaw 20

MAIN DISHES

Buffet Casserole 21
Capirotada 21
Corned Beef Dinner 21
Green Enchiladas 22
Mexican Stack-Up 22
Ham - Asparagus Quiche 23
Ham and Potato Casserole 23
Kay Wall's Casserole 23
Impossible Mexican Pie 24
Last-Minute Supper 24
Mexican Casserole 24
Mexican Casserole 25
Mexican Casserole 25
Sour Cream Casserole 25
Tamale Corn Casserole 26
Mexican Corn Bread Supper 26
Miser's Meal 27
No Tomato Chili 27

Page

October Chili Casserole 28
One-Dish Dinner 28
Pepper Steak 28
Pepper Steak and Rice 29
Porcupine Meat Balls 29
Porcupine Meat Balls 29
Short Cut Lasagne 30
Skilletburger Italiano 30
Steak Enchiladas 31
Tater Tot Casserole 31
Thrifty Meat Balls 31
45-Minute Spaghetti and Meat Balls 32
West Texas Spaghetti 32
Sausage Lasagna 32
Saucy Sloppy Joes 33

MEATS, POULTRY & SEAFOOD

Beef Logs 35
S. O. S. 35
Good Gravy 35
Peking Roast 36
Baked Smoked Brisket 36
Cashew Chicken or Tuna 37
Chicken and Broccoli au Gratin 37
Chicken Divan 38
Chicken and Dumplings 38
Chicken Enchilada Pie 38
Chicken Kiev Country-Style 39
King Ranch Chicken 39
Mexican Chicken 40
Mexican Chicken 40
Chicken Romanesque 40
Chicken in Sherry Sauce 41
Chicken Spaghetti I 41
Chicken Spaghetti II 42
Chicken Spaghetti 42
Chicken Spaghetti Casserole 43
Chicken Supreme 43
Sweet and Sour Chicken 43
Chicken Tetrazzini 44

Page

Texas Chicken 44
Greek Fried Chicken Livers 45
Grilled Smoked Turkey 45
Hamburger Corn Pone Pie 46
Hamburger Quiche 46
Deluxe Meat Loaf 46
Easy Meat Loaf 47
Mexican Meat Loaf 47
Smothered Meat Loaf 48
Ground Meat Stroganoff 48
Pork Patties 48
Country Pork Chops 49
Texas Baked Pork Chops 49
Gravy Baked Pork Steaks 49
Tuna Pie 49
Tuna Casserole 50

VEGETABLES

Baked Beans 51
Green Bean Casserole 51
Green Bean Casserole 51
Scrambled Cabbage 52
Cabbage Skillet 52
Broccoli 52
Company Broccoli 53
Brussel Bake 53
Broccoli Casserole 53
Broccoli Crunch 54
Cottage Cheese-Stuffed Celery 54
Corn Casserole 54
Corn Casserole 55
Corn Chowder 55
Indian Corn Stew 55
Mexican Corn 56
Sour Cream Corn 56
Tamale Corn Casserole 56
Baked Carrot Squares 56
Copper Penny Carrots 57
Stuffed Bell Pepper 57
Golden Nuggets 58

	Page
Potato Delight	58
Rice Patties	58
Cajun Rice Dressing	59
Spanish-Style Rice	59
Squash Fritters	60
Squash Souffle	60
Zucchini Squash Dish	60

BREADS, ROLLS, PIES & PASTRY

Beer Bread	63
Buttermilk Icebox Rolls	63
Banana Nut Bread	63
Applesauce - Nut Bread	64
Caramel Nut Rolls	64
Pumpkin Nut Bread	64
Corn Dodgers	65
Golden Corn Bread	65
Mexican Corn Bread	65
Sourdough Biscuits	65
Angel Rolls or Biscuits	66
Easiest Yeast Rolls	66
Quick Yeast Rolls	66
Egg White Topping for Pies	67
Fried Pie Crust	67
Pie Crust for Fruit Pie	67
Pie Crust	68
Pie Crust	68
Pie Crust	68
Banana Split Pie	69
Buttermilk Pie	69
Old-Time Buttermilk Pie	69
Easy Coconut Pie	70
French Coconut Pie	70
Chocolate Pie	70
Chocolate Cheese Pie	71
Chocolate Chip Pie	71
Daigo's Chocolate Pie	71
Egg Custard Pie	72
Easy Hawaiian Pie	72
Hershey's Bar Pie	72

Page

Oatmeal Pie 73
Butterscotch Pecan Pie 73
Coconut Pecan Pie 73
Pecan Pie 74
Lois' Pecan Pie 74
Japanese Fruit Pie 74
Osgood Pie 74
Peanut Butter Pie 75
Fluffy Peanut Butter Pie 75
Ritz Cracker Pie 76
Glazed Strawberry Pie 76
Sour Cream and Raisin Pie 76
Vinegar Pie 76
Vinegar Chess Pie 77
Raw Potato Pancakes 77

LOW CALORIE DISHES

Eggplant Dressing 79
Braised Swiss Steak 79
Green Angel 80
Low Calorie Sponge Cake 80
Diabetic Cake 80
Oatmeal Drops 81
Just Desserts 81
Low Calorie Crab Salad 81
Marinated Vegetable Salad 82
Supper Salad Bowl 82
Low Calorie Punch 83
Low Calroie Fruit Salad 83
Grapefruit - Orange Ice 83

CAKES, COOKIES, FROSTINGS & CONFECTIONS

All-Honey Chocolate Cake 85
Apple Cake 85
Another Apple Cake 85
English Apple Cake 86
Fresh Apple Cake 86
Fresh Apple Cake 87
Apricot Delight Cake 87

	Page
	87
Better Than Sex Cake	88
Better Than Sex Cake (Almost)	88
Butterscotch Coffee Cake	89
Carol's Banana Cake	89
Christmas Nut Cake	90
Chocolate Fudge Cake	90
Chocolate Sheath Cake	91
Coconut Cake	91
Date Loaf Cake	91
Dump Cake	92
Fruit Cocktail Cake	92
Fudge Cake and Frosting	93
Greek Spice Cake	93
Hot Fudge Sundae Cake	94
Hot Water Chocolate Cake	94
Italian Cream Coconut Cake	95
Jew Cake	95
Mathilda's One-Pan Cake	96
Mississippi Mud Cake	96
Neiman Marcus Cake	96
Nothing Cake	97
Orange and Cherry Date Cake	97
Pear Cake	98
Pina Colada Cake	98
Pineapple Dream Cake	98
Potato Cake	99
Prune Cake	99
Pumpkin Cake	100
Pound Cake	100
Bohemian Pound Cake	100
Buttermilk Pound Cake	101
Crispy Pound Cake	101
Grandmother's Pound Cake	101
7-Up Pound Cake	101
Rave Review Coconut Cake	102
Sad Cake	102
Sock-it-to-Me Cake	103
Tomato Cake	103
Ugly Duckling Cake	104
Vanilla Wafer Cake	104
Chocolate Chip Cookies	

Page

Favorite Tea Cakes 105
Fudge Cookies 105
Icebox Oatmeal Cookies 105
Jenny's Oatmeal Cookies 105
Guess Again Cookies 106
Monster Cookies 106
Peanut Butter - Oatmeal - Chocolate Cookies.... 106
Ranger Cookies 107
Sand Tarts 107
Thumbprint Cookies 107
Treasure Cookies 108
Quick Cookies 108
Marshmallow Cream Fudge 108
Millionaire Candy 109
Coconut Balls 109
Chocolate Fudge 109
Peanut Brittle 110
Peanut Brittle 110
Peanut Candy 110
Peanut Patties 111
Can't Fail Peanut Brittle 111

DESSERTS

Ritz Dessert 113
Strawberry Angel Delight 113
Outdoor Apple Dumpling 113
Chocolate Delight 114
4-Layer Delight Dessert 114
Homemade Banana Pudding 115
"Special" Banana Pudding 115
Trifle 115
Brownies 116
Maggie's Cobbler 116
No-Stir Cobbler 116
Pear Cobbler 117

BEVERAGES, SANDWICHES & MISCELLANEOUS

Hot Chocolate Mix 119
Frosted Mocha Milk 119

Page

Ice Cream Bars 119
Tutti-Frutti Ice Cream 119
Six "3's" Ice Cream 120
California Party Punch 120
Lime Punch 120
Slush Punch 120
Quick Punch 121
Spiced Tea Concentrate 121
Spiced Tea Mix 121
Cheese Grits 121
Fried Wiener Meals 122
Never-Fail Flour Tortillas 122
Frosty Eggnog 123
Mariachis 123
Nightcap Sandwich 123
Cheese Sandwich Filling 124
Tender Chunk Ham Sandwich 124
English Muffin Pizzas 124
Herb Shaker 125
Cranberry Freeze 125

TERMS USED IN COOKING

APPETIZER — A small serving of food served before or as the first course of a meal.

ASPIC — A transparent jelly, usually meat, which has been boiled down to become firm when cold.

BATTER — A mixture of flour or liquid that can be beaten or stirred.

BISQUE — A rich thick cream soup made from fish.

BLANCH — To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.

BOUILLABAISE — A chowder made from several varieties of fish and wine.

BOUILLON — Clear soup made from lean beef.

BRAISE — To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.

CARAMEL — Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.

CHICORY — A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes called curly endive.

CIDER — The juice from pressed apples used as a beverage or to make vinegar.

CLARIFY — To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.

COBBLER — A fruit pie with a rich biscuit dough made in a deep-dish.

COCKTAIL — An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner or cut shellfish with tart sauce served at the start of a meal.

CRACKLINGS — Crisp particles left after fat has been fried out.

CROQUETTES – Chopped meat held together by eggs, shaped and dipped into crumbs then fried.

DOUGH — A mixture of flour, liquid that is stiff enough to be kneaded.

DRIPPINGS — Liquids resulting from meat being cooked.

ENTREE – A dish served between the chief courses, before the roast.

FONDUE – A dish made of cheese, eggs, etc.

FRITTERS — Vegetables or fish covered with butter then fried in deep fat.

FROSTING — A sugar that has been cooked and used to cover cakes, and other foods.

GIBLETS — The liver, gizzard or heart of poultry.

HORS d'OEUVRES — Tart, salty or crisp foods served as appetizers.

INFUSION — Liquid taken from tea, herbs or coffee.

JULIENNE — Food cut into very thin strips.

MACEDOINE — A mixture of fruits or vegetables.

MARINATE — To let foods stand in an acid mixture of oil and vinegar, then flavored with spices and herbs.

MINCE — To cut foods in very fine pieces.

FOOD PROCESSES

BAKE — To cook by dry heat, usually in an oven.

BARBECUE — To roast or broil whole, as a hog, fowl, etc. Usually done on a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.

BOIL — To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.

BOILING POINT — The temperature reached when a mixture maintains a full bubbling motion on its surface.

BREW — To cook in hot liquid until flavor is extracted.

BROIL — To cook by exposing the food directly to the heat.

BRAISE — To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.

CANDY — To conserve or preserve by boiling with sugar. To incrust or coat with sugar.

COAT SPOON — When a mixture forms a thin even film on the spoon.

CODDLE — To cook slowly and gently in a liquid just below the boiling point.

CREAM — To work foods until soft and fluffy. Usually applied to shortening and sugar.

CUBE — To cut in even sliced pieces.

CUT — To divide foods with a knife or scissors.

DICE — To cut into small cubes.

DISSOLVE — To pass into solution.

FOLD — To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

Your Daily Nutrients

FOOD	AVERAGE ADULT	AVERAGE CHILD
Meat or fish	1 or more servings of wide variety. Liver once a week.	Same as Adult
Milk	1 pint.	1 quart
Eggs	1 egg. Dried peas or beans may be substituted 3 times a week.	Same as Adult
Vegetables	1 leafy green or yellow and 1 other (serve one raw). 1 potato.	Same as Adult
Fruits	½ c. citrus or 1 c. tomato juice plus other fruits (raw, cooked or canned).	¾ c. citrus or 1 ½ c. tomato juice plus other fruits.
Breads and Cereals	3 servings whole grain or "enriched" bread or cereal.	Same as Adult
Butter or vitamin fortified	2 tablespoons	2-3 tablespoons

A VITAMIN PRIMER

Vitamin	Use In Body	Best Sources
A	For normal vision	Leafy greens, yellow vegetables and fruits, eggs, liver and milk.
B1 (Thiamin)	For good appetite, good digestion and steady nerves.	"Enriched" and whole grain bread and cereal. Dried peas and beans, peanuts, pork and liver.
C (Ascorbic acid)	For healthy teeth, gums, bones and blood vessels.	Citrus fruits, tomato juice, leafy greens and potato.
G (Riboflavin)	For healthy skin and eyes.	Liver and kidney. Lean beef, leafy green, milk.

Helpful Cooking Hints

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	BASIL	BAY LEAF	CHIVE	CURRY POWDER	DILL
When You Fix: ↓	Aromatic odor, warm sweet flavor used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper proportion	Aromatic odor with delicate caraway flavor
MEATS CASSEROLES	Beef stew Steak, Veal Lamb Venison	Meats, Stews, Sauerbraten		Curries of meat Veal Mildly hot casseroles	Veal Pork spareribs Lamb stew
POULTRY SEAFOOD	Chicken Duck Fish Seafood cocktails	Poached fish	Fish dishes	Chicken Fish Shrimp Chicken salad	Fish dishes Chicken salad
PICKLES PRESERVES	Tomatoes Potatoes Peas Squash Herb butter	Pickled beets Relishes	Potato dishes Vegetable garnish	Various vegetables Pickled carrots Green bean sticks	Potatoes baked or boiled Tomatoes Beans Pickles Garnish
EGGS AND CHEESE	Cheeses Welsh rabbit and Egg dishes		Omelets and Egg dishes Cream and cottage cheese	Egg salad Egg dishes Cheese fillings Sour cream	Sour cream Cream and Cottage cheese Scrambled eggs
RICE NOODLES SPAGHETTI	Spanish rice Spaghetti dishes			Oriental touch to rice	Buttered noodles
SOUPS SALADS SAUCES	Bean Mock turtle Potato soups Tossed salads	Vegetable and Fish soups Tomato sauces and Gravies Marinades	Various Soups and Salads	Gravies Flavor teaser in soups Chili sauce Shrimp sauce	Fish and Vegetable salads Butter sauce Cream sauce
PIES BREADS CAKES			White bread dough		

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	Ginger	Marjoram	Oregano	Sage	Tarragon
When You Fix: ↓	Aromatic, pungent root with warm flavor-sold fresh, dried or ground	Aromatic odor, potent flavor	Strong aromatic odor, bitter taste, whole or ground	Pleasant aromatic odor and warm, bitter taste. Used fresh & dried	Aromatic leaves, with hot pungent flavor
Meats Casseroles	Pot roast Pork, Veal Beef Casseroles	Stuffing for all meats Ragouts, Stew Beef, Veal Pork Roasts Lamb Sausage	Pork, Veal and Lamb dishes Meat loaf Stews Chili	Stuffing for meat dishes Veal and Pork dishes Pork roast Sausage Hamburgers	Beef and Veal dishes
Poultry Seafood		Chicken and fish dishes Stuffed fish Fish chowder	Roast duck Fish chowder	Poultry	Fish and Chicken dishes Chicken cacciatore Lobster
Vegetables Pickles Preserves	Pickles Preserves Chutney Vegetable combos	Scalloped potatoes and tomatoes Dressing for broccoli cabbage spinach	Hash brown potatoes Dried beans Lentils	Vegetable loaves Beans Tomatoes	Potatoes Tomatoes Beets Spinach Pickles
Eggs And Cheese		Egg salad Egg dishes Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese Cheese combo dishes	Eggs Benedict Egg and Cheese dishes
Rice Spaghetti Noodles		Spaghetti sauce	Spaghetti with meat sauce Pizza		
Soups Salads Sauces	Soups Chicken broth Gravies Fruit salad Whipped cream	Soups Salad dressing Green vegetables salads	Vegetable and Fish salads	Salads	Tartar sauce Sweet-sour sauce Fish Sauces Green salads Aspics
Breads Pies Cakes	Cakes Soft cookies and crisp snaps Pie crust and filling				

MEATS, POULTRY, AND SEAFOOD

Meats are a substantial part of all homemakers shopping bill. Every meal should be planned very carefully and the best possible cut of meat for your money should be selected. The following chart should help you in not only selecting the best cut of meat, recommended by the U.S.Department of Agriculture cutting chart, but also the proper amount of meat to serve.

HOW MUCH TO BUY

	MEAT	WEIGHT OR MEASURE	NO. OF SERVINGS
BEEF	Round Steak	1 pound	3 to 4
	Porterhouse Steak	1 pound	2
	Sirloin Steak	2 pounds	4
	Chuck Roast	2 pounds	4 to 6
	Rib Roast (bone in)	4 pounds	8
	Short Ribs	1 pound	1 to two
	Stew Meat	1 pound	4 to 5
	Hamburger	1 pound	4
POULTRY	**Chicken**		
	Fryers	2 ½ to 3 ½ pounds	3 to 5
	Broilers	1 to 2 ½ pounds	2 to 3
	Roasters	2 ¾ to 7 pounds	4 to 10
	Turkey	8 pounds	16
FISH	Steaks	1 pound	3
	Fillets	1 pound	4
	Whole Fish	1 pound	1
SHELLFISH	Lobster (tails)	1 pound	2
	Lobster (cooked meat)	1 pound	2
	Clams (shucked)	1 pint	3
	Shrimp (cooked)	1 pound	5 to 6
	Oysters (shucked)	1 pint	3
	Oysters (cooked)	1 pound	6
	Scallops	1 pound	6
VEAL	Cutlet	1 pound	3
	Chops	3 chops per pound	3 to 4
	Roast	2 pounds	6

RETAIL AND WHOLESALE BEEF CHART

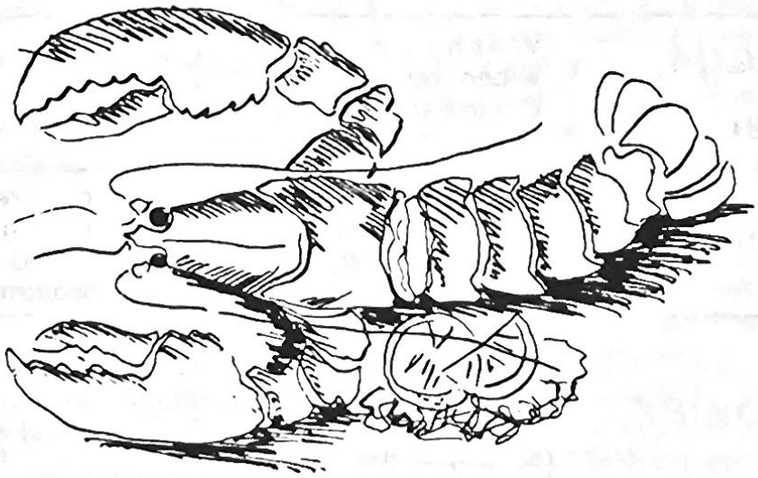


Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
Asparagus	Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts.	Cook coverd in small amount of boiling salted water. Cut up Whole spears	8-10 mins. 10-15 mins.
Beans, green or wax	Wash; remove ends and strings. Cut in 1-inch pieces, leave whole, or slit lengthwise.	Cook covered in small amount of boiling salted water.	20-30 mins.
Navy Beans, dried	Rinse. Soak overnight in 3 times as much water as beans; OR bring to boil, simmer several minutes and let stand 1 hour or more.	Cover and simmer in water used for soaking. Add salt.	1½ hours
Beets	Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare.	Cook covered in boiling salted water. Peel when done.	35-60 mins.
Broccoli	Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR Cut in 1-inch pieces; separate stalks from flowerets.	Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water. Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets.	15-20 mins. 10-15 min. Total
Brussels Sprouts	Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise.	Cook covered in small amount of boiling walted water.	10-15 mins.
Cabbage, green	Wash; remove wilted outer leaves. Cut in 6 to 8 wedges; OR shred.	Cook covered in small amount of boiling salted water.	10-12 mins. Wedges
Carrots	Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole.	Cook covered in small amount of boiling salted water or in consomme.	20-25 mins. Whole
Cauliflower	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in small amount of boiling salted water.	20-25 mins. Whole 15-20 mins. Flowerets

Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
Celery	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
Corn	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
Eggplant	Wash. If skin is tough, pare. Cut in ½-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
Mushrooms	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
Okra	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
Parsnips	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
Peas, Green	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
Spinach	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
Zucchini	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total
Tomatoes	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.

Calorie Counter

CANDIES, SNACKS AND NUTS

		Calories
Almonds (salted)	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

DAIRY PRODUCTS

American Cheese	1 cube, 1 1/8 inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS

Cakes:		
Angel Food Cake	2" piece	110
Cheese Cake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 ave. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145
Pudding:		
Bread Pudding	½ cup	150
Flavored Puddings	½ cup	140

BEVERAGES AND JUICES

Beer	1 bottle, 12 oz.	185
Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Cocoa (milk & water)	8 ounces	140
Coffee (black/unsw.)		0

Calorie Counter

BREADS AND FLOUR FOODS		Calories
Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS		
Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

Pies:		
Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280
Pumpkin	1 piece	265
Rhubarb	1 piece	265
Ice Cream:		
Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150
Miscellaneous:		
Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

FISH AND FOWL:		
Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces steak	207

Calorie Counter

		Calories
FRUITS		
Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/-unsweetened	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60
MEATS		
Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3½ ounces	340
Pot Roast (round)	3½ ounces	200
Rib Roast	3½ ounces	260
Rump Roast	3½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230
SALADS AND DRESSINGS		
Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dress.)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

Quantity Cooking

Food	25 Servings	100 Servings
Meat, Poultry or Fish		
Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs	50 lbs.
Fish, fillets or steaks	7 ½ lbs.	30 lbs.
Ham (roasted)	10 lbs	30 lbs.
Hamburger	9 lbs	35 lbs.
Meat Loaf	5 lbs	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.
Sandwiches		
Bread	50 slices	200 slices
Butter	½ lb	1 ½ lbs.
Mayonnaise	1 cup	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 ½ qts.	5 to 6 qts.
Lettuce	1 ½ heads	5 to 6 heads
Salads, Casseroles		
Potato Salad	4 ¼ qts.	4½gals.
Scalloped Potatoes	4 ½ qts.	17 qts.
Spaghetti	1 ¼ gals.	5 gal.
Baked Beans	¾ gals.	2 ½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads
Vegetables		
Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz pkgs
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs

FOOD QUANTITIES FOR ONE WEEK

Kinds of Foods	Women	Men
Citrus fruits, tomatoes	2½ pounds	2½ - 3 pounds
Dark-green vegetables	¾ pound	¾ pound
Dry beans, peas and nuts	2 ounces	2 - 4 ounces
Eggs	6 eggs	7 eggs
Fats, oils	½ pound	¾ - 1 pound
Grain products - Cereal, flour, whole grain	2 2½ pounds	3-4 pounds
Meat, fish and poultry	4 4½ pounds	5-5½ pounds
Milk, and milk equivalents	3½ quarts	3½ quarts
Vegetables and fruits	4-6 pounds	5 - 7 pounds
Potatoes	1-1½ pounds	2 - 3 pounds
Sugars and sweets	½-1 pound	1 - 1½ pounds

SUBSTITUTIONS FOR INGREDIENTS

1 tablespoon cornstarch (for thickening) .... 2 tablespoons flour

1 cup sifted cake flour .... 1 cup minus 2 tablespoons sifted all-purpose flour.

1 cup sour milk .... 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred.

1 square chocolate (1 ounce) .... 3 or 4 tablespoons cocoa plus 1 / 2 tablespoon fat.

1 cup sifted all-purpose flour .... 1 cup plus 2 tablespoons sifted cake flour.

1 cup sweet milk .... 1 cup sour milk or buttermilk plus 1 / 2 teaspoon baking soda.

1 cup cream, sour, thin .... 3 tablespoons butter and 3 / 4 cup milk in sour milk recipe.

1 whole egg .... 2 egg yolks for custards.

1 cup molasses .... 1 cup honey.

1 package active dry yeast .... 1 cake compressed yeast.

1 tablespoon instant minced onion, dehydrated .... 1 small fresh onion.

1 tablespoon prepared mustard .... 1 teaspoon dry mustard.

Favorite Recipes

Recipe Name **Page No.**

Notes

Appetizers, Relishes & Pickles

Soups, Salads Sauces

Main Dishes (Casseroles)

Meats, Poultry & Seafood

Vegetables

Breads, Rolls, Pies & Pastry

Low-Calorie Dishes

Cakes, Cookies, & Confections

Desserts

Beverages, Sandwiches & Misc.

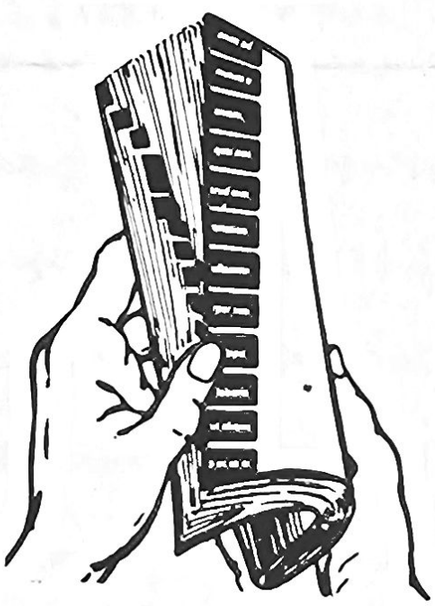
Cooking Hints

We Have The Recipe For

Successful Fund Raising

Personalized Community Cookbooks

Here's How To Use Your Thumb Index: Place thumb on black tab of the item you want to find. Flip through until a black tab appears under your thumb.



Copyright © 1977 BY Fundcraft Publishing, Inc. P.O. Box 340, Collierville, TN

All rights reserved. No part of this publication may be reproduced or duplicated without written permission of the publisher.